

**YOU'RE  
THERE FOR  
THEM.**

**WE'RE  
HERE FOR  
YOU.**

If you care for a family member or friend and need support, The Ontario Caregiver Organization is here to help.

How we can help you:



24/7 Helpline  
(1-833-416-2273)



Group and 1:1 Peer Support  
(online or by phone)



Helpful Webinars  
(Live and Recorded)



Group and 1:1 Counselling



Online Learning Library



Caregiver Coaching Program  
Toolkits for Caregivers  
(For New and Working Caregivers)



Resource for Young Caregivers:  
[youngcaregiversconnect.ca](http://youngcaregiversconnect.ca)



Time to Talk Podcast

Visit: [ontariocaregiver.ca](http://ontariocaregiver.ca)

for more information,  
to register for a program  
or sign up to receive  
our e-newsletter.



THE ONTARIO

**caregiver**

ORGANIZATION