Time to Talk



Being a family caregiver often means you have less time to care for your own needs. If you’re feeling overwhelmed in your caregiving role, speak to your health care team.

For more information about caregiving and to access programs and services that can support you in your role visit **ontariocaregiver.ca** or call our 24/7 helpline at **1.833.416.2273**.

The Time to Talk Toolkit was created by The Change Foundation and Connecting the Dots for Caregivers.

THE ONTARIO caregiver ORGANIZATION

Time to Talk



Being a family caregiver often means you have less time to care for your own needs. If you’re feeling overwhelmed in your caregiving role, speak to your health care team.

For more information about caregiving and to access programs and services that can support you in your role visit **ontariocaregiver.ca** or call our 24/7 helpline at **1.833.416.2273**.

The Time to Talk Toolkit was created by The Change Foundation and Connecting the Dots for Caregivers.

THE ONTARIO caregiver ORGANIZATION

Time to Talk



Being a family caregiver often means you have less time to care for your own needs. If you’re feeling overwhelmed in your caregiving role, speak to your health care team.

For more information about caregiving and to access programs and services that can support you in your role visit **ontariocaregiver.ca** or call our 24/7 helpline at **1.833.416.2273**.

The Time to Talk Toolkit was created by The Change Foundation and Connecting the Dots for Caregivers.

THE ONTARIO caregiver ORGANIZATION

Time to Talk



Being a family caregiver often means you have less time to care for your own needs. If you’re feeling overwhelmed in your caregiving role, speak to your health care team.

For more information about caregiving and to access programs and services that can support you in your role visit **ontariocaregiver.ca** or call our 24/7 helpline at **1.833.416.2273**.

The Time to Talk Toolkit was created by The Change Foundation and Connecting the Dots for Caregivers.

THE ONTARIO caregiver ORGANIZATION