

Do you care?



Are you juggling school life with caring for a friend or family member?

Maybe you help manage appointments, do household tasks, provide transportation, or offer emotional support and social connection? Balancing caregiving with school can be challenging, but you don't have to do it alone. We're here to support you.

Quick Resources:

Podcasts, videos, and toolkits for busy students.

24/7 Helpline

(1-833-416-2273):

Connect to local services – anytime, anywhere.

Peer Support:

Virtual groups and 1:1 mentoring with fellow caregivers.

Caregiver Coaching:

Tips and strategies for balancing caregiving and school.

Discover support, connection, and community at ontariocaregiver.ca.

