

Caregiver Wellness

Thriving For Better Well-Being

Are you caring for or helping someone, who is a friend, family member or neighbour? Are you feeling stressed, anxious, depressed or overwhelmed?

If your answer is yes, our programs are for you!

Personalized and Emotional Support

Talk one-on-one about the challenges you face as a caregiver and the changes it effects on your life and relationships. Discussions on how to improve your wellbeing and prevent burn out. Guidance and tips on how to set healthy boundaries for the role of caregivers.

Breathing Space

Gathering to build connections with people who experience similar challenges. Share your experience and learn from others. Support and help each other.

For more details, reach out to us today!

Phone: 416-572-3575 Email: cccentralintake@woodgreen.org

Respite and Transportation options available.

Program facilitated and guided by a Registered Social Worker.



United Way
Toronto

A United Way member agency



Opportunity made here.

www.woodgreen.org