

Presented by the Age Friendly London Network



Caregiver Strategies Program

Free online program for family or friends providing care to a senior

- Learn about living with frailty and develop practical strategies to support you in your caregiving role.
- Participate in online group support sessions and connect with other caregivers

Six week program starting July 8.

Group support sessions are Thursdays at 7 pm.

[Register Online](#)

Call [519-661-2489](tel:519-661-2489), ext. 7208 for more information