



Nurturing Mental Health and Wellness for Caregivers

Supporting Caregiver Awareness, Learning and Empowerment (SCALE) Program

See available dates

12 p.m. to 1 p.m. ET / FREE

Seeing this past October 6th 2026?
You can still sign-up for any of the remaining live webinars!



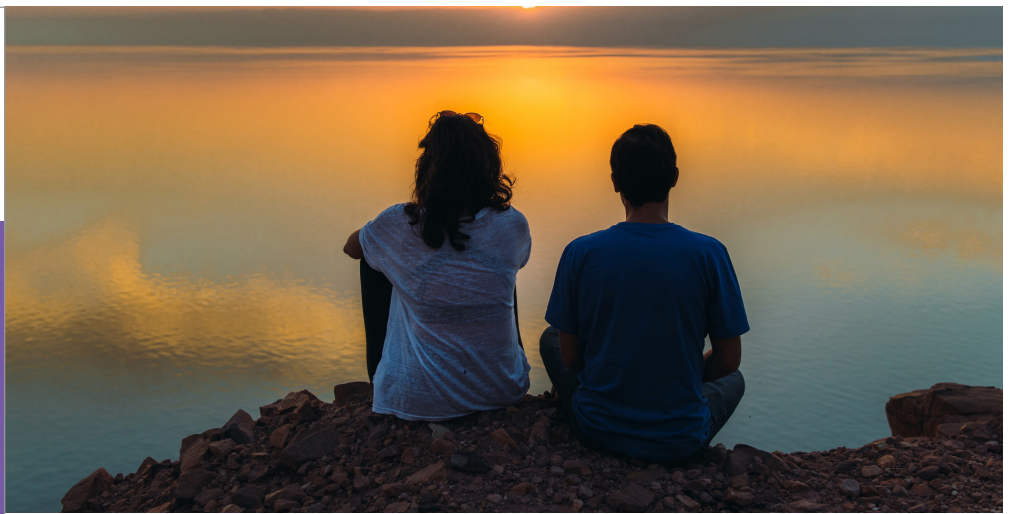
**REGISTER
HERE**

For more information or support with registration, contact info@ontariocaregiver.ca or call 437-335-2109

Le programme ANCRÉ est également offert en français.
[Inscrivez-vous ici.](#)

This webinar will be recorded. Registered participants will receive a link to the recording in a post-webinar email from Eventbrite.

ontariocaregiver.ca



The SCALE Program aims to empower caregivers with practical information and skills to focus on their mental health and well-being needs by offering:

- **Weekly Psychoeducational Webinars (LIVE or RECORDED)** that acknowledge and unpack difficult caregiving emotions. You may register for all or individual webinars to suit your needs.
- **Weekly Workbooks** that offer strategies, activities, and resources to help you cope with the emotional aspects of caregiving.
- **Free and confidential online group and/or individual counselling (OPTIONAL).** *Space is limited. Registration is based on a first-come, first-served basis. You will need to watch the live or recorded webinars to receive the maximum benefit from group or individual counselling.

Week 1: Tuesday October 6, 2026

"I feel burned out": Resetting within your Caregiving Journey

Week 2: Tuesday October 13, 2026

"I feel like I am not doing enough": Challenging Feelings of Guilt and Failure

Week 3: Tuesday October 20, 2026

"I feel overwhelmed": Managing Caregiving Stress through the Power of Noticing

Week 4: Tuesday October 27, 2026

"I don't know how to change things": Navigating Grief and Helplessness in Caregiving Relationships

Week 5: Tuesday November 3, 2026

"I feel angry and resentful": Navigating Difficult Emotions within Caregiving Relationships

Week 6: Tuesday November 10, 2026

"Who am I aside from a caregiver?": Rediscovering Yourself by Embracing Self-Compassion

Week 7: Tuesday November 17, 2026

"I feel like nobody appreciates me": Setting Boundaries within the Caregiver Relationship

Week 8: Tuesday November 24, 2026

"I feel alone": Creating Meaningful Connections

Week 9: Tuesday December 1, 2026

"I still have so many questions": Q&A with Michal Goldstein