



THE ONTARIO

**caregiver**  
ORGANIZATION

RESOURCES AND  
EDUCATION

# The SCALE Program is back by popular demand

**(Supporting Caregiver Awareness, Learning and Empowerment)** aims to empower you with the practical information and skills you need to enhance self-awareness and focus on your own mental health and well-being as a Caregiver.

## The program consists of:



- a series of eight weekly webinars



- online group coaching



- one-on-one, private telephone counselling.

Select just one topic that you are interested in each week or take the entire program. As a caregiver, we understand how valuable your time is and that is why we developed a program to best suit your schedule.

180 Dundas Street West, Suite 1425, Toronto, ON M5G 1Z8

T 416-362-2273 E [info@ontariocaregiver.ca](mailto:info@ontariocaregiver.ca) 24/7 Helpline 1-833-416-2273



[ontariocaregiver.ca](http://ontariocaregiver.ca)

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**Week 1 Topic: Your Caregiving Journey (February 2nd, 2021; 12-1pm)**

**Week 2 Topic: How Caregiving Stress Affects You (February 9th, 2021; 12-1pm)**

**Week 3 Topic: How Caregivers can Manage Sadness & Guilt (February 16th, 2021; 12-1pm)**

**Week 4 Topic: How Caregivers can Manage Anxiety & Anger (February 23rd, 2021; 12-1pm)**

**Week 5 Topic: Become a Mindful Caregiver (March 2nd, 2021; 12-1pm)**

**Week 6 Topic: The Self-Compassionate Caregiver (March 9th, 2021; 12-1pm)**

**Week 7 Topic: Find Your Caregiving Strengths (March 16th, 2021; 12-1pm)**

**Week 8 Topic: Time for Self-Care While Caregiving (March 23rd, 2021; 12-1pm)**

[Register today](#)

## Register for Group Coaching and/or Private Counselling Sessions

After each weekly webinar, group coaching will be available every Wednesday and Monday while private counselling will be available every Wednesday, Thursday, Friday and Monday. All sessions are optional to attend if you are looking for additional support. Sessions are free of cost and completely confidential.

[Register for Group Coaching and/or Private Counselling](#)

## Facilitators



**Leah Weisberg**

is a Nurse Psychotherapist, Coach and Director of Interprofessional Practice at Dynamic Health Clinic.



**Michal Goldstein**

is a Registered Social Worker specializing in individual, couples and group counselling at Dynamic Health Clinic.



**Shoshana Kulik**

is a Registered Social Worker and has strong experience working with caregivers and the elderly at Dynamic Health Clinic.

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