

ARTC Caregiver Support Services



All ARTC family members have access to caregiver services through our Client Support Worker, Sherry McKinnon.

Monthly Caregiver Group



A monthly group to connect with other caregivers and share your experiences.

4th Tuesday of the Month

10 - 11:30 a.m.

Virtual

Free

Weekly Self Care Group



Learn good self-care and how to prioritize your emotional, spiritual, and physical health.

Mondays

10 - 11:30 a.m.

Virtual

\$30 Per Month

Additional in-person caregiver groups are offered throughout the year.

Groups are facilitated by ARTC's Social Worker.

For more **information** please **contact Sherry McKinnon.**



519-761-1347



smckinnon@artc.ca