

### ONTARIO CAREGIVER HELPLINE: 1-833-416-2273

Single point of access to information, support and service in English and French 24/7. Live chat is available 7am-9pm (Mon – Fri) at [ontariocaregiver.ca](https://ontariocaregiver.ca). Caregivers can speak to a Community Resource Specialist to connect to community based services and supports across Ontario based on their individual needs.

### SCALE PROGRAM: CAREGIVER NEEDS AND WELL-BEING

Eight weekly webinars, online group coaching and one-on-one telephone counselling. SCALE (Supporting Caregiver Awareness, Learning and Empowerment) focuses on topics relevant to new or experienced caregivers, including caregiver stress, managing feelings of anxiety or guilt, and self-care for the caregiver. Registration is required. <https://ontariocaregiver.ca/scale-program/>

### ONLINE SUPPORT GROUPS

An opportunity for caregivers to connect with other caregivers to discuss the challenges they are facing. Support groups are offered several times a week including a group for young caregivers. Option to join online or by phone. <https://ontariocaregiver.ca/peer-support/online-caregiver-support-group/>

### 1:1 PEER SUPPORT PROGRAM

Peer support program that connects caregivers with trained peer mentors for 1:1 phone or virtual support. Caregivers with lived experience and knowledge to share are trained to become peer mentors to provide support to another caregiver seeking support with the challenges they are facing. <https://ontariocaregiver.ca/peersupport/>

### EDUCATIONAL WEBINARS

One-hour webinars offered two times per month on a wide range of topics for caregivers. Recordings of past webinars are also available on our YouTube channel. <https://www.youtube.com/channel/UCyHknVCyQEQkK1Xwag-rCA>

### TOOLKITS AND RESOURCES FOR CAREGIVERS

Our website offers a wide range of tools, tips sheets and resources including:

- *I am a Caregiver Starter Toolkit* focuses on how the caregiver can be empowered to take care of themselves.
- *Work & Caregiving – A Balancing Act: Toolkit for Working Caregivers.*

### CAREGIVER 101

Learn about caregiving roles, conflicts in caregiving, caregiver burnout, what to expect, developing resilience, and what supports are available. <https://learning.ontariocaregiver.ca/>

### YOUNG CAREGIVERS CONNECT

Young Caregivers Connect is a website to help young caregivers aged 15-25. The website was designed in collaboration with, and for, young caregivers and offers information and resources and a way to connect through an online forum that address their unique needs. <http://youngcaregiversconnect.ca/>

### TIME TO TALK PODCAST

Join host [Michelle Jobin](#) along with experts and caregivers, to discuss things that matter most to caregivers. <https://open.spotify.com/show/32iPx4HUL2KfRaLn74EMK8>