

Parent Support Network | Discussion Series

The Parent Support Network Events have been created by families to provide parents and caregivers with the opportunity to engage in open discussion. Childhood disability experts are often guest speakers at these events. All parents/caregivers are welcome!

Topic: Mental Health Supports for Parent/Caregivers with Shrid Dhungel from the Ontario Caregiver Organization

Date and time: Tuesday January 17, 2023, 10am-11:30am

This event will take place over Zoom Healthcare
All attendees must register in advance online at the following link:
<https://caregiver-mental-health-supports.eventbrite.ca>

Please join us to:

- Learn about **stress and burnout and common signs and symptoms of each**
- Strategies for **identifying when caregivers are feeling stressed or burned out**
- **Resources to support caregivers** at any step of their caregiving experience
- Additional **community resources that support caregiver mental health**

Family Leader Gunjan Seth and Family Support Specialist Steph Moynagh will facilitate Q&A and Discussion after following a presentation

If you require special accommodations or have questions, please contact Stephanie Moynagh, Family Support Specialist at smoynagh@hollandbloorview.ca or 416-425-6220 ext. 6146. Deaf or Hard-of-Hearing and want to reach us by phone? Try Relay Service: www.bell.ca/Accessibility_services/Bell_Relay_service. Or if you have a TTY or VCO phone, dial 711 and give the number provided.

The Parent Support Network events are generously supported by donors and the Holland Bloorview Foundation

