



THE ONTARIO

caregiver
ORGANIZATION

RESOURCES AND
EDUCATION

Self-Care for Caregivers of Adults with Developmental Disabilities

This webinar is for caregivers of adults with developmental disabilities.

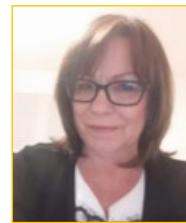
Between buying presents for friends and family, decorating your home, and making festive meals, it is easy to find yourself overwhelmed by your to-do list over the holiday season.

The holidays can be a time of joy but for caregivers, the holidays can also be a stressful time – especially caregivers for adults with developmental disabilities.

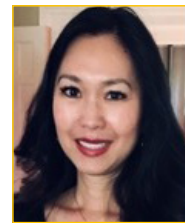
About our presenter:

Join Sherry Summers and Cindy Hartman as we learn first-hand tips from caregivers on how to sustain self-care by reducing stress, improving one's well-being and by focusing on finding the joy in the holiday season!

Sherry and Cindy are Family Peer Mentors at the York Services Network. They help family caregivers of individuals, most especially children, with a developmental disability through one-to-one supports, resources, workshops and support groups.



Sherry Summers



Cindy Hartman

Date: Thursday, December 10, 2020

Time: 12:00 PM - 1:00 PM

Location: Zoom (link to be provided during registration)

Cost: Free

[Register for exclusive access to this free webinar today](#)



This webinar is offered in partnership with York Support Services Network.



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