




The Caregiver Table

Cook. Connect. Learn

Join CTN's Child and Family Wellness Program for a practical learning session on **Advocacy Without Burnout** and a hands-on cooking experience at Longo's. Designed for caregivers of kids and youth with disabilities and developmental needs, this session will explore strategies for advocating for your child at school and in everyday life while setting boundaries and supporting your own wellbeing. Connect with other caregivers, share experiences and discover helpful resources in a welcoming environment.

In this class we will be making:

Veggie and Herb Quiche

Caprese Pasta Salad

Strawberry Pastry Rolls

Event Details:

Date: Tuesday, November 10, 2026

Time: 11:00 a.m. to 1:30 p.m.

Location: Longo's Richmond Hill - The Loft

10860 Yonge St, Richmond Hill, ON

If you have any questions, please contact Christina at Wellness@ctnsy.ca or Tel# 416-705-5765

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To register, complete the Caregiver Table Registration Form or scan the QR code.