



# Caregivers Connecting

## Virtual Family Support for Caregivers (new topics each session)

York Support Services, Family Peer Mentor Program is hosting virtual family support drop-ins for family caregivers who are caring for an adult or child with a developmental disability.

Join us for an opportunity to share your story and connect with others going through the same experiences in a safe and non-judgmental space.

The virtual family support drop-ins offer encouragement for you to:

- share your experience.
- increase your capacity for resiliency.
- learn to manage your stress.
- build a more meaningful life.

### About us

York Support Services Network offers a range of developmental services and mental health programs throughout York Region and South Simcoe.

[yssn.ca](http://yssn.ca)



### Details

#### Dates and times:

June 10, 2020 from 2:00 - 3:00 p.m.  
June 24, 2020 from 2:00 - 3:00 p.m.  
July 8, 2020 from 2:00 - 3:00 p.m.  
July 22, 2020 from 2:00 - 3:00 p.m.

#### Location:

Virtual. Details to be provided upon registration.

#### Who should attend?

Parents or caregivers of a child or adult with a developmental disability

#### For more information contact:

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Family Peer Mentor  
905-898-6455 ext. 2349  
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Sherry Summers  
Family Peer Mentor  
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#### To register:

[yssn.ca/Events](http://yssn.ca/Events)