



Caregivers Connecting: *Virtual Family Support for Caregivers*

York Support Services Network’s Family Peer Mentor Program is hosting virtual family support drop-ins for family caregivers who are caring for a child or adult 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 resilience
- 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



Details

Dates & times:

September 15, 2021
11:00 a.m. to 12:00 p.m.

October 13, 2021
7:00 p.m. to 8:00 p.m.

Location:

Virtual (link will be provided after registration)

Who should attend:

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

For more information, contact:

Cindy Hartman
Family Peer Mentor
905-898-6455 extn. 2349
chartman@yssn.ca

Sherry Summers
Family Peer Mentor
905-898-6455 extn. 2213
ssummers@yssn.ca

Sue Walters
Family Peer Mentor
289-552-3222
swalters@yssn.ca

To register: yssn.ca/Events