



THE ONTARIO

**caregiver**  
ORGANIZATION

RESOURCES AND  
EDUCATION



## “To the outside, it might not look like I’m a caregiver”: A Conversation with Young Caregivers

### WEBINAR DESCRIPTION:

Over half a million people under the age of 25 in Ontario are providing care for family members or friends with a physical or mental health challenge while balancing the demands of school, work, and life. This webinar aims to raise awareness about the hidden population of young caregivers within their own families and among others they interact with day to day such as teachers, youth workers, healthcare workers, workplace supervisors, etc. We will provide information and resources for adult family caregivers and professionals who may encounter young caregivers to help understand and support them.

### The webinar will explore the following:

- What kind of challenges do young caregivers face?
- What do young caregivers want you to know about the care they provide?
- How you can support the young caregivers in your life or work?

### Moderator:

- **Kathleen Slemon** (she/her), Program Lead, Peer Support at the Ontario Caregiver Organization. Kathleen supervises the 1:1 Peer Support Program, Online Support Groups, and Young Caregiver Initiatives.

### Young Caregiver Speakers:

- **Tasneem Nahhas:** Tasneem is a full-time university student studying Health Sciences at McMaster University and a caregiver for her sibling.
- **Micaela Harley:** Micaela Harley (she/her) is a strategic change-maker in the Youth Mental Health and Substance Use System. Her passion for change stems from her experiences as a service user and a youth providing care to a struggling loved one.
- **Lindsay Couture:** Lindsay is a former young caregiver who provides care to her mother.



**Register**  
**today**



### DATES:

**Date:** October 7th, 2021

**Time:** 12 :00 pm – 1 :00 pm Eastern Time (US and Canada)

**Place:** Zoom (link provided via email to those who register)

Please note that this presentation is available in English only. For any difficulty with registration or any other questions, please contact us at [info@ontariocaregiver.ca](mailto:info@ontariocaregiver.ca) or call 1-888-877-1626 X 1011.

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