

June 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend ■ Webinar ■ Community partner ■ Education ■ Caregiver support ■ Skill building						1 ■ Financial Planning for Caregivers 3 to 4 p.m.
2 ■ Caregiver Chat 10 to 11 a.m.	3 ■ Caring at Home: Getting Connected in the Home and Community Support Sector 3 to 4 p.m.	4 ■ Ask an Ethicist: Power of Attorney- How am I supposed to make decisions? (In-Person) 3 to 3:30 p.m.	5 ■ Tech Time: Learn to use your device (In-Person) 2 to 3 p.m.	6	7 ■ WoodGreen: Breathing Space (In-Person) 10 to 11:30 a.m.	8 ■ Everyday Resiliency in Times of Uncertainty: How to Protect Your Core 3 to 4 p.m.
9 ■ Caregiver Chat 10 to 11 a.m.	10 ■ Balancing Work and Care: Finding strategies that work for you 3 to 4 p.m.	11 ■ Creating Time: Art opportunity 11 a.m. to 12 p.m.	12 ■ Tech Time: Learn to use your device (In-Person) 2 to 3 p.m.	13	14 ■ Caregiver Chat 10 to 11 a.m.	15 ■ Managing A Complex Relationship With The Person You Care For 3 to 4 p.m.
16 ■ Caregiver Chat 10 to 11 a.m.	17 ■ When Thinking Abilities Change: Is It Dementia? 3 to 4 p.m.	18 ■ Creating Time: Art opportunity 2 to 3 p.m.	19 ■ Tech Time: Learn to use your device (In-Person) 2 to 3 p.m.	20	21 ■ Caregiver Chat 10 to 11 a.m.	22 ■ Take a Breath! Tips From a Caregiver Coach 3 to 4 p.m.
23/30 ■ Caregiver Chat 10 to 11 a.m.	24 ■ Promoting Health and Wellbeing Through Age Friendly Communities 3 to 4 p.m.	25 ■ Reitman Centre Resources: Supporting and educating caregivers who care for an individual with dementia (In-Person) 11 a.m. to 12:00 p.m.	26 ■ Tech Time: Learn to use your device (In-Person) 2 to 3 p.m. ■ Infection Prevention and Control: VRE- staying safe 1 to 1:30 p.m.	27 ■ Ask an Ethicist: Consent for Care- How am I supposed to make decisions? (In-Person) 11 to 11:45 a.m.	28 ■ Caregiver Chat 10 to 11 a.m.	29 ■ Make Your Voice Heard: Tips for Effective Caregiver Communication 3 to 4 p.m.