

Caregiver Support Groups

December 2026

ALL GROUPS ARE LOCATED AT THE
THS MAIN OFFICE, AT 236 VICTORIA
STREET NORTH, IN THE GROUND
FLOOR PROGRAMMING ROOM,
UNLESS OTHERWISE STATED

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 4:30 PM Communication and Conflict Resolution	3	4 	5 Growing Connections 2:00 PM Coping with Holiday Stress
6	7	8	9 4:30 PM Grief, Loss, and Acceptance	10	11	12
13 	14	15	16 4:30 PM Building A Caregiver Support Network	17	18	19
20	21	22	23 Growing Connections 5PM-7PM Caregiver Check In (Peer Support)	24	25 	26 
27 	28	29	30 4:30 PM Hope, Resilience, and Moving Forward	31		

Please contact our Caregiver Coordinator, Laura Phelan, to RSVP
for programs: caregiver@thresholdssupports.ca / 519-778-2852

