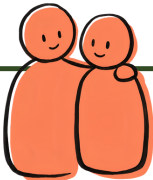
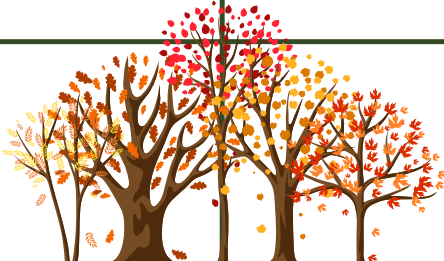


Caregiver Support Groups

November 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	3	4 4:30 PM Compassion Fatigue	5	6	7
8 	9 	10	11 4:30 PM Self Care and Stress 	12	13	14 
15 	16	17	18 4:30 PM Anxiety, Isolation, and Depression	19	20	21
22	23	24 	25 4:30 PM Boundaries, Enabling, and "Healthy Helping"	26	27	28
29	30					

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