

## The Ontario Caregiver Organization Virtual Open House

The Ontario Caregiver Organization (OCO) exists to improve the lives of caregivers across Ontario. At OCO, we offer a variety of free programs and services to support many different types of caregiving needs. Caregivers often ask:

- What type of caregiving support is available?
- What programs have caregivers found most useful for their caregiving journey?

Join us as we chat with caregivers who share their experiences with OCO programs such as:

- Education supports such as OCO webinars, eLearning, and 90second Caregiver
- Peer Support such as 1:1 Peer Support, Online Caregiver Support Groups, and Young Caregiver Support
- Mental Health and Wellness programs such as SCALE program and Caregiver Coaching
- The OCO Helpline **1-833-416-2273 (CARE)**

We will also demonstrate a walk-through of the OCO website so that caregivers will learn how to access, find, and register for programs.



**Our Caregiver Co-host:** Ron Beleno is an experienced family caregiver to his late father who lived with Alzheimer's for over 10+ years while supporting his mother during their caregiving journey. Ron is an active advocate for dementia, caregiving, aging, and research communities.

**Who should attend?** If you are an unpaid caregiver (e.g., family/friend), work in the health or social services sector, or are an employer of caregivers.



**Date:**  
**Thursday, November 2nd, 2023**

**Time:**  
**12 p.m. to 1 p.m. ET**

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

**Cost:**  
**Free**

- Please note that this presentation is available in English only.
- Pour de l'information sur nos programmes et services en français, visitez [www.ontariocaregiver.ca/fr](http://www.ontariocaregiver.ca/fr) ou communiquez avec nous par courriel à [info@ontariocaregiver.ca](mailto:info@ontariocaregiver.ca).

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

## Register today

