

Caregiver Live Stream Workshops

With the support of the Ontario Trillium Foundation, March of Dimes Canada's After Stroke programs developed a seven-week Caregiver Support program in 2019. We are pleased to announce the addition of a live-streaming option as well as pre-recorded versions of these sessions to add flexibility to the needs of caregivers who are already managing many priorities.

The first seven-week online session will start on March 26 at 1pm ET, with the remaining sessions taking place the same day and time of the following weeks. Open access to the online videos will be available starting March 27.

If participants are looking for more information before or after each session they can contact the After Stroke Warmline at 1.888.540.6666 or email afterstroke@marchofdimes.ca.

Joining the Online Workshop:

Please note all sessions will take place at 11amPST/ 12PMST/ 1pmEST/ 3pmAST

Session information:

[Click here](#) to join

Dial by your location

+1 647 558 0588 Canada

+1 778 907 2071 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

Meeting ID: 771 733 352

Find your local number: <https://zoom.us/j/admb0PG4i7>

Sessions and Dates:

March 26 - Sharing Your Story

Share your story with others in a similar role. Learn about self-management and identify what it means as a caregiver.

April 2 - Changing Roles in your relationship

Learn about relationship changes after a stroke while practicing identifying the roles you embody. Discuss how your roles have changed since the stroke and their impact

April 9 - Behaviour Changes & Managing Your Emotions: Mood, Thought and Perception

Learn how stroke affects cognition, mood and perception. Learn about the stages of grief. Discuss reactions to emotions and strategies of care.

April 16 - Community Connections

Learn about stroke services in the community and how to navigate the healthcare system as a caregiver.

April 23 - Stress Management: Managing the Rollercoaster

Learn about the different aspects of stress and discuss self-care stress strategies.

April 30 - Communication: Key for Caregivers

Learn the different components of communication and discuss how communication changes after a stroke.

May 7 - How to be “Caregiver Smart”

After learning how to navigate the healthcare system develop a Caregiver Emergency Preparedness Plan. Discuss questions about how to be an advocate for yourself and the stroke survivor.