

# December 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>■ Caregiver Chat</b> 10 to 11 a.m.	<b>2</b> <b>■ Caregiving During the Holidays:</b> Expectation vs Reality, and Self-Care 11 to 12 p.m.	<b>3</b> <b>■ Live Piano</b> 10 to 11:30 a.m.	<b>4</b> <b>■ Tech Time:</b> Learn to use your device 2 to 3 p.m. In person	<b>5</b> <b>■ Caregiver Mental Health:</b> How to Reduce Anxiety for Better Living 11 to 12 p.m.	<b>6</b> <b>■ Caregiver Chat</b> 10 to 11 a.m.  <b>■ WoodGreen:</b> Caregiving During the Hectic Holidays 10 to 11:30 a.m. In person	<b>7</b> <b>■ Make Your Voice Heard:</b> Tips for Effective Caregiver Communication 3 to 4 p.m.
<b>8</b> <b>■ Caregiver Chat</b> 10 to 11 a.m.	<b>9</b> <b>■ Preparing for the Future:</b> Advance Care Planning for Caregivers 11 to 12 p.m.	<b>10</b> <b>■ Live Piano</b> 10 to 11:30 a.m.	<b>11</b> <b>■ Tech Time:</b> Learn to use your device 2 to 3 p.m. In person	<b>12</b> <b>■ Tour and Treats</b> 10:30 to 12:30 p.m. In person	<b>13</b> <b>■ Caregiver Chat</b> 10 to 11 a.m.	<b>14</b> <b>■ After Stroke Support for Caregivers: Finding a Path Forward</b> 3 to 4 p.m.
<b>15</b> <b>■ Caregiver Chat</b> 10 to 11 a.m.	<b>16</b> <b>■ Discover the Healing Power of Journal Writing</b> 11 to 12 p.m.	<b>17</b> <b>■ Live Piano</b> 10 to 11:30 a.m.	<b>18</b> <b>■ Tech Time:</b> Learn to use your device 2 to 3 p.m. In person	<b>19</b> <b>■ Tour and Treats</b> 10:30 to 12:30 p.m. In person	<b>20</b> <b>■ Caregiver Chat</b> 10 to 11 a.m.	<b>21</b> <b>■ Caregiving During the Holidays:</b> Expectation vs Reality, and Self-Care 3 to 4 p.m.
<b>22</b> <b>■ Caregiver Chat</b> 10 to 11 a.m.	<b>23</b> <b>■ Non-Violent Communication Caregiving, Conflict &amp; Compassionate Communication</b> 11 to 12 p.m.	<b>24</b> Caregivers can access the centre with the Caregiver ID card. Please ask unit staff for support	<b>25</b> Caregivers can access the centre with the Caregiver ID card. Please ask unit staff for support	<b>26</b> Caregivers can access the centre with the Caregiver ID card. Please ask unit staff for support	<b>27</b> Caregivers can access the centre with the Caregiver ID card. Please ask unit staff for support	<b>28</b> <b>■ PTSD in Unpaid Caregivers:</b> Risks, Signs, and Support 3 to 4 p.m.

<p><b>29</b></p> <p>■ <b>Caregiver Chat</b> 10 to 11 a.m.</p>	<p><b>30</b></p> <p>■ <b>Non-Violent Communication Caregiving, Conflict &amp; Compassionate Communication</b> 11 to 12 p.m.</p>	<p><b>31</b></p> <p>■ <b>Live Piano</b> 10 to 11:30 a.m.</p>				
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**Legend**

- Webinar
- Community partner
- Education
- Caregiver support
- Skill building