

September 2025 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 <div>■ Supporting Caregivers of People with Dementia and Chronic Illness: Group Program for Loss, Grief and Emotion Supports 4 to 5:30 p.m. In person <i>Registration Required</i></div>	3 <div>■ Tech Time: Learn to use your device 2 to 3 p.m. In person</div>	4 <div>■ Q&A on Compassionate Communication & Self-Empathy for Caregivers 2 to 3 p.m.</div>	5 <div>■ WoodGreen - Honouring Indigenous Wisdom in Caregiving 10 to 11:30 a.m. In person</div>	6
7 <div>■ Non-Violent Communication Caregiving, Conflict & Compassionate Communication 10 to 11 a.m.</div>	8 <div>■ Caregiver Chat 11 to 12 p.m. In person</div>	9 <div>■ Supporting Caregivers of People with Dementia and Chronic Illness: Group Program for Loss, Grief and Emotion Supports 4 to 5:30 p.m. In person <i>Registration Required</i></div>	10 <div>■ Tech Time: Learn to use your device 2 to 3 p.m. In person</div>	11 <div>■ Caregivers and Puppets: The Perfect Pair 2 to 3 p.m.</div>	12	13
14 <div>■ Balancing Work and Care: Finding strategies that work for you 10 to 11 a.m.</div>	15 <div>■ Caregiver Chat 11 to 12 p.m. In person</div>	16 <div>■ Caregiver Chat 11 to 12 p.m. In person</div>	17 <div>■ Tech Time: Learn to use your device 2 to 3 p.m. In person</div>	18 <div>■ Financial Planning for Caregivers 2 to 3 p.m.</div>	19	20
21 <div>■ Q&A on Compassionate Communication & Self-Empathy for Caregivers 10 to 11 a.m.</div>	22 <div>■ Caregiver Chat 11 to 12 p.m. In person</div>	23 <div>■ Caregiver Chat 11 to 12 p.m. In person</div>	24 <div>■ Infection Prevention and Control: Vaccine-preventable diseases (Shingles, Pneumococcal disease) 1 to 1:30 p.m. In person</div>	25 <div>■ Tips for Caregivers to Safely Assist with Mobility and Navigate Change 2 to 3 p.m.</div>	26	27
28 <div>■ Managing A Complex Relationship With The Person You Care For 10 to 11 a.m.</div>	29 <div>■ Caregiver Chat 11 to 12 p.m. In person</div>	30 <div>■ Caregiver Chat 11 to 12 p.m. In person</div>	<div>Legend</div> <div><div>■ Webinar</div><div>■ Community partner</div><div>■ Education</div><div>■ Caregiver support</div><div>■ Skill building</div></div>			

