

January 2026 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>28</div> <div>Caregivers can access the centre with the Caregiver ID card. Please ask unit staff for support</div>	<div>29</div> <div>■ Caregiver Chat 10 to 11 a.m. In person</div>	<div>30</div> <div>■ Live Piano 10 to 10:30 a.m.</div>	<div>31</div> <div>Caregivers can access the centre with the Caregiver ID card. Please ask unit staff for support</div>	<div>1</div> <div>Caregivers can access the centre with the Caregiver ID card. Please ask unit staff for support</div>	<div>2</div> <div>Caregivers can access the centre with the Caregiver ID card. Please ask unit staff for support</div>	<div>3</div> <div>■ Sleep: Reclaiming the Caregiver's Elusive Friend 12 to 1 p.m.</div>
<div>4</div> <div>■ Boost Your Well Being With A Nature Prescription 11 to 12 p.m.</div>	<div>5</div> <div>■ Caregiver Chat 10 to 11 a.m. In person</div>	<div>6</div> <div>■ Live Piano 10 to 10:30 a.m. In person</div>	<div>7</div> <div>■ Tech Time: Learn to use your device 2 to 3 p.m. In person</div>	<div>8</div> <div>■ Take a Breath! Tips From a Caregiver Coach 2 to 3 p.m.</div>	<div>9</div> <div>■ WoodGreen: Breathing Space 10 to 11:30 a.m. In person</div>	<div>10</div> <div>■ Caregiver Mental Health: How to Reduce Anxiety for Better Living 12 to 1 p.m.</div>
<div>11</div> <div>■ Managing A Complex Relationship With The Person You Care For 11 to 12 p.m.</div>	<div>12</div> <div>■ Caregiver Chat 10 to 11 a.m. In person</div>	<div>13</div> <div>■ Live Piano 10 to 10:30 a.m. In person</div>	<div>14</div> <div>■ Tech Time: Learn to use your device 2 to 3 p.m. In person</div>	<div>15</div> <div>■ Everyday Resiliency in Times of Uncertainty: How to Protect Your Core 2 to 3 p.m.</div>	<div>16</div> <div>Caregivers can access the centre with the Caregiver ID card. Please ask unit staff for support</div>	<div>17</div> <div>■ Responsive Behaviours Person Centered and Practical Approaches to Care 12 to 1 p.m.</div>
<div>18</div> <div>■ Everyday Resiliency in Times of Uncertainty: How to Protect Your Core 11 to 12 p.m.</div>	<div>19</div> <div>■ Caregiver Chat 10 to 11 a.m. In person</div>	<div>20</div> <div>■ Live Piano 10 to 10:30 a.m. In person</div>	<div>21</div> <div>■ Tech Time: Learn to use your device 2 to 3 p.m. In person</div>	<div>22</div> <div>■ Responsive Behaviours Person Centered and Practical Approaches to Care 2 to 3 p.m.</div>	<div>23</div> <div>Caregivers can access the centre with the Caregiver ID card. Please ask unit staff for support</div>	<div>24</div> <div>■ Non-Violent Communication Caregiving, Conflict & Compassionate Communication 12 to 1 p.m.</div>
<div>25</div> <div>■ Non-Violent Communication Transforming Caregiver Guilt & Resentment Through Empathy 11 to 12 p.m.</div>	<div>26</div> <div>■ Caregiver Chat 10 to 11 a.m. In person</div>	<div>27</div> <div>■ Live Piano 10 to 10:30 a.m. In person</div>	<div>28</div> <div>■ Tech Time: Learn to use your device 2 to 3 p.m. In person</div>	<div>29</div> <div>■ To the Outside, It Might Not Look Like I'm a Caregiver: A Conversation with Young Caregivers 2 to 3 p.m.</div>	<div>30</div> <div>Caregivers can access the centre with the Caregiver ID card. Please ask unit staff for support</div>	<div>31</div> <div>■ Q&A on Compassionate Communication & Self-Empathy for Caregivers 12 to 1 p.m.</div>

