

# January 2026 Calendar

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

