

CAREGIVING AT HOME AND WORK:

Strategies for the Double Duty Caregiver

There are over 4 million caregivers in Ontario who provide unpaid support to family members, partners, and friends. Many of these caregivers also work in caring professions across sectors. For double-duty caregivers, trying to balance the demands of providing care professionally as well as personally can sometimes lead to emotional strain and burnout.

This October, in celebration of Canada's Healthy Workplace Month, the [Ontario Caregiver Organization](#) and CMHA Ontario's [Your Health Space](#) invite you to take part in a unique 3-part webinar series designed specifically for double-duty caregivers. The series will offer helpful resources, practical strategies, and ways to connect for additional support.

Caregiver Stress and Burnout - Tuesday, October 8, 12-1 p.m. ET

This webinar will explore prevalent experiences of caregiver stress and burnout as well as strategies, resources, and supports available to help caregivers support their health and well-being.

Empathic Strain - Tuesday, October 22, 12-1 p.m. ET

Empathy is a must-have quality for double-duty caregivers, but it can be difficult to sustain. This webinar will review common experiences of empathic strain for those providing professional care and personal support and will explore practical steps to manage its impact and maintain well-being.

Balancing Work and Care - Tuesday, October 29, 12-1 p.m. ET

This webinar will explore strategies and resources for double-duty caregivers trying to balance work and care, including identifying their own needs, effectively communicating with employers, and finding the right supports and benefits.



Date:

Tuesday, October 8, 12-1 p.m. ET
Tuesday, October 22, 12-1 p.m. ET
Tuesday, October 29, 12-1 p.m. ET

Register below to attend one, or all, of the sessions, depending on your availability.

Place: Zoom

(link provided via email to those who register)

Cost: Free

- Please note that this presentation is only available in English.
- Pour de l'information sur nos programmes et services en français, visitez [aidantsontario.ca](#) ou communiquez avec nous par courriel à info@aidantsontario.ca.

For more information, please contact
info@ontariocaregiver.ca

Register today



24/7 Helpline 1-833-416-2273

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