



## SEPTEMBER

## FALL 2023 ACTIVITIES

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
<b>18</b> <b>Open Support Group</b> <sup>1</sup> <i>French/English online</i> <b>10am - 12pm</b>	19	<b>20</b> <b>Meditation</b> <sup>1</sup> <i>Bilingual online</i> <b>10am - 11:30am</b>	21	22	<b>23</b> <b>Therapeutic Yoga</b> <sup>3</sup> <i>Bilingual</i> <b>10:30am - 11:30am</b> <i>in person</i> <b>11:45am - 12:45pm</b> <i>online</i>	24
<b>START OF SESSION</b>						
<b>25</b> <b>I am a Caregiver and Much More!</b> <sup>2</sup> <i>In French online</i> <b>1pm - 3pm</b>	26	<b>27</b> <b>Meditation</b> <sup>1</sup> <i>Bilingual online</i> <b>10am - 11:30am</b>	<b>28</b> <b>Open Support Group</b> <sup>3</sup> <i>Bilingual in person</i> <b>5:30pm - 7:30pm</b>	29	30	

<sup>1</sup> Activity for caregivers of seniors   <sup>2</sup> Activity for caregivers of people living with cancer   <sup>3</sup> Activity for all caregivers

### Information, registration and appointment:

- by phone: 514-866-9941, ext. 226
- by email: [prochesaidantes@ydesfemmesmtl.org](mailto:prochesaidantes@ydesfemmesmtl.org)
- or on our website : [ydesfemmesmtl.org/caregivers-activities](http://ydesfemmesmtl.org/caregivers-activities)

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You care *for them*,  
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\*IN COLLABORATION WITH:



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-  **Events**
-  **Conferences & Workshops**
-  **Support Groups**
-  **Start/End of session**



## OCTOBER

## FALL 2023 ACTIVITIES

MON	TUE	WED	THU	FRI	SAT	SUN
<b>2</b> Open Support Group <sup>1</sup> French/English online 10am - 12pm	<b>3</b>	<b>4</b> Meditation <sup>1</sup> Bilingual online 10am - 11:30am	<b>5</b>	<b>6</b>	<b>7</b> Therapeutic Yoga <sup>3</sup> Bilingual 10:30am - 11:30am in person 11:45am - 12:45pm online	<b>8</b>
<b>9</b> HOLIDAY	<b>10</b>	<b>11</b> Meditation <sup>1</sup> Bilingual online 10am - 11:30am	<b>12</b> Open Support Group <sup>3</sup> Bilingual in person 5:30pm - 7:30pm	<b>13</b>	<b>14</b> Therapeutic Yoga <sup>3</sup> Bilingual 10:30am - 11:30am in person 11:45am - 12:45pm online	<b>15</b>
<b>16</b> Open Support Group <sup>1</sup> French/English online 10am - 12pm	<b>17</b>	<b>18</b> Meditation <sup>1</sup> Bilingual online 10am - 11:30am	<b>19</b>	<b>20</b> Unpacking feelings and emotions when facing major decisions <sup>3</sup> French online 1pm - 3pm	<b>21</b> Therapeutic Yoga <sup>3</sup> Bilingual 10:30am - 11:30am in person 11:45am - 12:45pm online	<b>22</b>
<b>23</b>	<b>24</b> Ambiguous Loss and Disenfranchised Grief <sup>3</sup> English online 1pm - 3pm	<b>25</b> Meditation <sup>1</sup> Bilingual online 10am - 11:30am	<b>26</b> Open Support Group <sup>3</sup> Bilingual in person 5:30pm - 7:30pm	<b>27</b>	<b>28</b> Therapeutic Yoga <sup>3</sup> Bilingual 10:30am - 11:30am in person 11:45am - 12:45pm online	<b>29</b>
<b>30</b> Open Support Group <sup>1</sup> French/English online 10am - 12pm	<b>31</b>	<p><sup>1</sup> Activity for caregivers of seniors  <sup>2</sup> Activity for caregivers of people living with cancer  <sup>3</sup> Activity for all caregivers</p>				

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-  Events
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-  Start/End of session



## NOVEMBER

## FALL 2023 ACTIVITIES

MON	TUE	WED	THU	FRI	SAT	SUN
		<b>1</b> Meditation <sup>1</sup> Bilingual online 10am - 11:30am	2	3	<b>4</b> Therapeutic Yoga <sup>3</sup> Bilingual 10:30am - 11:30am in person 11:45am - 12:45pm online	5
<b>6</b> CAREGIVERS' WEEK 2023	<b>7</b> Caregiver? What are your rights? <sup>3</sup> English online 1pm - 3:30pm	<b>8</b> Meditation <sup>1</sup> Bilingual online 10am - 11:30am	<b>9</b> Open Support Group <sup>3</sup> Bilingual in person 5:30pm - 7:30pm	<b>10</b> Caregivers' Day <sup>3</sup> : Time Out for YOU! 1pm - 4pm	<b>11</b> Therapeutic Yoga <sup>3</sup> Bilingual 10:30am - 11:30am in person 11:45am - 12:45pm online	12
<b>13</b> Open Support Group <sup>1</sup> French/English online 10am - 12pm	14	<b>15</b> Meditation <sup>1</sup> Bilingual online 10am - 11:30am	16	<b>17</b> Unpacking Feelings and Emotions when Facing Major Decisions <sup>3</sup> English online 1pm - 3pm	<b>18</b> Therapeutic Yoga <sup>3</sup> Bilingual 10:30am - 11:30am in person 11:45am - 12:45pm online	19
20	<b>21</b> End of Life and Palliative Care <sup>3</sup> French online 1pm - 3pm	<b>22</b> Meditation <sup>1</sup> Bilingual online 10am - 11:30am	<b>23</b> Open Support Group <sup>3</sup> Bilingual in person 5:30pm - 7:30pm	24	<b>25</b> Therapeutic Yoga <sup>3</sup> Bilingual 10:30am - 11:30am in person 11:45am - 12:45pm online	26
<b>27</b> Open Support Group <sup>1</sup> French/English online 10am - 12pm	28	<b>29</b> Meditation <sup>1</sup> Bilingual online 10am - 11:30am	<b>30</b> Wills and Protection Mandates <sup>3</sup> French online 1pm - 3pm	<sup>1</sup> Activity for caregivers of seniors <sup>2</sup> Activity for caregivers of people living with cancer <sup>3</sup> Activity for all caregivers		

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## DECEMBER

## FALL 2023 ACTIVITIES

MON	TUE	WED	THU	FRI	SAT	SUN
				1	<b>2</b> <b>Therapeutic Yoga</b> <sup>3</sup> <i>Bilingual</i> <b>10:30am - 11:30am</b> <i>in person</i> <b>11:45am- 12:45pm</b> <i>online</i>	3
4	<b>5</b> <b>Navigating the the system</b> <sup>2</sup> <i>French online</i> <b>1pm - 3pm</b>	<b>6</b> <b>Meditation</b> <sup>1</sup> <i>Bilingual online</i> <b>10am - 11:30am</b>	<b>7</b> <b>Open Support Group</b> <sup>3</sup> <i>Bilingual in person</i> <b>5:30pm - 7:30pm</b>	8	<b>9</b> <b>Therapeutic Yoga</b> <sup>3</sup> <i>Bilingual</i> <b>10:30am - 11:30am</b> <i>in person</i> <b>11:45am- 12:45pm</b> <i>online</i>	10
<b>11</b> <b>Open Support Group</b> <sup>1</sup> <i>French/English online</i> <b>10am - 12pm</b>	<p><sup>1</sup> Activity for caregivers of seniors   <sup>2</sup> Activity for caregivers of people living with cancer   <sup>3</sup> Activity for all caregivers</p>					
<b>END OF SESSION</b>						

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