



Programs & Services

COMPASS for the Caregiver: COMPASS is an award-winning 4-module program that helps caregivers balance their own well-being with the challenges of caregiving. The program address common stressors- difficult emotions, guilt, grief, resentment, conflicting family relations and social isolation. COMPASS is offered both in-person and online in communities across Alberta through local partnerships.

Caregiver Coaches: The Caregiver Coach is a professional who provides one-on-one support and resources for caregivers across the province. They will be a listening ear, help you navigate the system, find resources, advocate for yourself, and help support your health and well-being. You can connect with a Caregiver Coach by calling 1-877-453-5088 or by email at advisor@caregiversalberta.ca

Caregiver Workshops: These monthly online workshops provide a safe place for caregivers to develop skills and tools needed to manage the demands of caregiving. We often feature guest speakers who are experts in topics relevant to caregivers. Topics can range from self-care to dementia education- so check our online calendar to see what we have planned for each month!

Caregiver Support Community: The Caregiver Support Community is a virtual peer support program that aims to empower caregivers well-being by providing a supportive group where you can connect with other caregivers, have open conversations about the ups and downs of caregiving, and learn about topics relevant to caregivers. We currently offer our Caregiver Support Community groups 8 times a month.

Well Connected (In partnership with ElderCare Edmonton): Well Connected offers recreation day programming in a virtual community-based setting every Wednesday morning. No matter your age or where you are in Alberta, you can stay connected by participating in activities, education, and friendly conversation. Both caregivers and care recipients are welcome to participate! Groups are facilitated by ElderCare Edmonton therapeutic recreation specialists.

Learn more & register at www.caregiversalberta.ca/calendar

Contact Us!

780-453-5088 | 1-877-453-5088 (toll-free)
office@caregiversalberta.ca
www.caregiversalberta.ca

