

CHATS' Caregiver Support Groups

Are you caring for an aging parent, spouse, relative or friend?
Take some time for you!



Take a break, get out and meet other caregivers with similar concerns
Share stories, strategies and strengths
Find new ways to cope with caregiver challenges
Learn about valuable community resources

Aurora

2nd Wednesday of each month
7:00 p.m. – 9:00 p.m.
CHATS Aurora, 1- 240 Edward Street

Bradford West Gwillimbury

1st and 3rd Thursday of each month
10:00 a.m. – 12:00 p.m.
CHATS Bradford - 448 Holland St. W.

Richmond Hill

1st and 3rd Tuesday of each month
2:00 p.m. – 4:00 p.m.
CHATS Richmond Hill, 10132 Yonge Street

Keswick

2nd and 4th Friday of each month
10:00 a.m. – 12:00 p.m.
Keswick United Church - 177 Church Street

Thornhill

2nd Thursday & 4th Tuesday of each month
2:00 p.m. – 3:30 p.m.
2900 Steeles Ave. E #218, Thornhill

Sutton

1st Monday of Every Month
1:00 p.m. – 3:00 p.m.
Hospice Georgina 152 High St. Sutton

This is a FREE Program! Call CHATS to register, 1-877-452-4287



CHATS
Community & Home
Assistance to Seniors

www.chats.on.ca

live well, age well, be well

Funding support for CHATS provided by the Central Local Health Integration Network