



POWERHOUSE™

Virtual Workshops

Connecting Young Caregivers Across Canada



Free for Young Caregivers aged 5-25

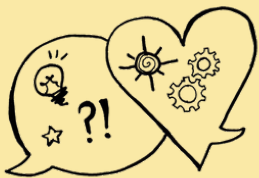


Available throughout Canada



New workshops each month

WHAT DO THESE WORKSHOPS ACHIEVE?



Encourages self care activities



Allows Young Caregivers to connect with others who understand their experiences



Teaches coping skills and builds resilience

SIGN UP NOW!

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SCAN TO LEARN MORE

