Parent Support Network

Caregiver Supports: Understanding Stress & Burnout With the Ontario Caregiver Organization (OCO)

Parent Support Network (PSN) is a virtual support and discussion group for parent/caregivers of children with disabilities

Participants will learn about:

- Why stress and burnout are so common for caregivers
- How to recognize the signs of stress and burnout in yourself
- Practical strategies to manage stress, including doing a simple, personal mini assessment

Co-hosted by Family Leader Protibha Tomar
And Family Support Specialists Steph Moynagh & Theja Gunasekera

Join Our Virtual Parent Support Network Session:

Scan Me

When: Tuesday November 17th, 2026 from 12pm-1:30pm

Who: Open to all Holland Bloorview & Community Families

Register Here: https://PSN_CaregiverSupports_Nov2026.eventbrite.ca

If you require accommodations or have questions, please contact Steph Moynagh, Family Support Specialist at smoynagh@hollandbloorview.ca or 416-425-6220 ext. 6146

Holland Bloorview
Kids Rehabilitation Hospital

THE ONTARIO caregiver ORGANIZATION