



Resources

DAY 5



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Society

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RESOURCES FOR CAREGIVERS

If you are a caregiver, you are not alone! Family Caregivers of BC has many resources available for caregivers to support physical and mental wellbeing ranging from self-learning to support groups. Click on each item to learn more.



Toll-Free Caregiver
Support Line (BC) at
1-877-520-3267



Refer a
Caregiver Self-refer or refer a friend,
family member or colleague



BC Resources
for Caregivers



Family Caregiver
Support Group
(available virtually)



Family Caregivers of BC
Learning Center
for podcasts, webinars, online
courses, articles and more



1:1 Caregiver
Coaching Sessions

Caregiver 
Self-Assessment

Are you a healthy caregiver?

Webinars for
**Health Care
Providers**

