

## The emotional cost of caregiving: strategies for caregivers and leaders who support them

It can be rewarding to provide care for a loved one. It can also be overwhelming, confusing and stressful, especially while working full time. Caregivers often feel obligated to take care of others before themselves which can lead to burnout, isolation and depression.

Join us for **The emotional cost of caregiving** – a live, interactive public webinar on Wednesday, Oct. 5, 2022 with a focus on caregivers, loss and grief.

[Mary Ann Baynton](#), Director of Collaboration and Strategy with Workplace Strategies for Mental Health, and Organizational Health Consultants on Canada Life's Well-being team will share tips and insights on:

- [Caregiver resources](#): advocate for the health and wellness of loved ones by accessing government services, health care, home care or financial support.
- [Leader support for caregivers](#): support employees to remain productive and healthy at work while they are also caring for loved ones at home.
- [Loss and grief](#): responses to grief, including anticipatory grief and the emotional cost of being a caregiver.

Invite your colleagues, friends and family to join you on Wednesday, Oct. 5, at 1 p.m. ET. There's no registration required – just click on the [event link](#) a few minutes before the start time. Visit the [event page](#) for full details, including free resources.

Have a question you would like answered? Submit it in advance using [Slido](#) and enter the code **#Caregivers!**

For French interpretation, please mute the live feed and click [here](#).

[Add this event to your calendar](#) so you don't miss it!