



North York
Community
House

Newcomer Connections for
Senior Caregivers
A Project of ENRICHES Initiative

FEELING ISOLATED?

Newcomer Senior Caregivers!

Are you **55 years or older** and caring for a family member? Are you interested in our **FREE Friendly Visiting Program** or **group support**? Do you live in Northwest Toronto?

If you are a senior caregiver or know a senior caregiver who is isolated, please contact Shova:

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www.nych.ca