

EVA MARSDEN CENTER

Caregivers NEWSLETTER

Welcome to the Spring edition of the Caregivers Newsletter.

This issue is intentionally focused on acknowledgment.
Not celebration. Not praise. Recognition.

Caregiving is work that requires consistency, judgment, and presence, often without visibility.

This edition is dedicated to caregivers; professionals, friends, neighbours and family members alike.

Manifesto

This edition is dedicated to you.
It's time you get your flowers.
You show up. You adapt. You carry responsibility most people never see.

Today, we pause long enough to acknowledge that.
This work demands presence, patience, and judgment every single day.
Not just in moments of crisis, but in the routines that keep everything moving.

You make decisions that affect someone else's life.
You absorb stress, manage challenges, and keep going.

This isn't hero talk.
It's recognition for essential work that deserves to be seen.
This edition is for the responsibility you carry.
It's time you get your flowers.



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STARTING THE CAREGIVER JOURNEY

It often happens suddenly after a diagnosis, a fall, a hospital visit, or simply noticing that a loved one needs more support than before.

For many new caregivers, the experience can feel overwhelming, emotional, and isolating. Between appointments, medications, changing routines, and balancing personal responsibilities, it is easy to feel unprepared.

The truth is... no one begins caregiving as an expert. It is a role learned through patience, love, adaptation, and resilience. While caregiving can be challenging, it can also create meaningful moments of connection, deeper understanding, and unexpected strength.

One of the most important things new caregivers can remember is that asking for help is not weakness, it is necessary.

Support groups, community organizations, respite services, and even simple conversations with others who understand can make a significant difference.

As spring reminds us, growth happens gradually. New caregivers should give themselves grace while learning this new role and remember that caring for themselves is just as important as caring for someone else.



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- **Eva Marsden Caregiver Zoom**

Weekly Support Group for Caregivers .

Contact ewallace@emcmtl.org for link

- **Alzheimer Society of Montreal**

Support groups, educational workshops, and caregiver resources throughout June.

- **McGill Cares Webcast Series** Free online sessions covering caregiver burnout, stress, and emotional wellbeing.



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EVA MARSDEN

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