



Family Caregivers
of British Columbia

You care for them. We care for you.

If you help or support a family member, friend, or neighbour with day-to-day activities, you are a caregiver—and you're not alone.

Do you...

Drive someone to appointments or shop for groceries?

Help with medications or personal care?

Organize bills, paperwork, or services?

Check in regularly to make sure they're okay?

Help with health care decisions

If you said "yes" to any of these, you're a caregiver and support is here for you.

What We Offer

Toll-Free Caregiver Support Line - 1-877-520-3267: One-on-one emotional support and resource navigation

Caregiver Coaching & Navigation: Personalized ongoing support and action planning

Support Groups: In-person and virtual groups to connect with others who understand.

Learning Centre: Online education resources, webinars and podcast.

News & Updates: Sign Up for our Caregiver Connection newsletter and monthly e-News with information, resources, and events.

All of our programs and services are **FREE**

Call us: 1-877-520-3267

Visit: familycaregiversbc.ca