Monday, Oct. 7 to Sunday, Nov. 3, 2019

COGNITIVE BEHAVIOURAL THERAPY FOR DEPRESSION AMONG OLDER ADULTS

Janany Jayanthikumar, MSW, RSW
Social Worker/ Mental health therapist, Scarborough Health Network, Scarborough

Sufficient enrolment deadline Mon Sept 30/19

DATE TBA (Rescheduling from fall)

CAREGIVING IN THE CONTEXT OF FAMILIES

Jill Cameron, PhD
Associate Professor, Department of Occupational Science and Occupational Therapy, University of Toronto

Kristina Kokorelias, PhD (cand)
PhD Candidate, Rehabilitation Science, University of Toronto

Sufficient enrolment deadline Mon Oct 14/19

Monday, Nov. 4 to Sunday, Dec. 1, 2019

BRAIN, AGING AND MINDFULNESS

Robert MacFadden,
Professor Emeritus, University of Toronto

Sufficient enrolment deadline Mon Oct 28/19

Monday, Feb. 10 to Sunday, Mar. 8, 2020

END-OF-LIFE INTERVENTIONS FOR PALLIATIVE INDIVIDUALS AND THEIR FAMILIES

Corinne Smirle, MSW, RSW
Therapist, Hard Feelings, Toronto

Amanda Clark, MSW, RSW
Hospice Counsellor, Heart House Hospice, Mississauga

Sufficient enrolment deadline Mon Feb 3/20

Monday, Feb. 24 to Sunday, Mar. 22, 2020

COGNITIVE BEHAVIOURAL THERAPY FOR ANXIETY DISORDERS AMONG OLDER ADULTS

Janany Jayanthikumar, MSW, RSW
Social Worker/ Mental health therapist, Scarborough Health Network, Scarborough

Sufficient enrolment deadline Mon Feb 17/20

Monday, Mar. 9 to Sunday, Apr. 5, 2020

AGE FRIENDLY LTC AND COMMUNITIES

Christine Sheppard, PhD (cand)
PhD Candidate, School of Public Health and Health Systems, University of Waterloo

Kate Ducak,
Long term care expert, Age Friendly Initiatives

Sufficient enrolment deadline Mon Mar 2/20

Monday, Mar. 23 to Sunday, Apr. 19, 2020

INNOVATIVE EVIDENCE-BASED STRATEGIES FOR SUPPORTING FAMILY CAREGIVERS OF OLDER ADULTS WITH DEMENTIA

Adriana Shnall, PhD, MSW, RSW
Program Director, Baycrest@Home, Clinical Programs Koschitzky Centre for Innovations in Family Caregiving Assistant Professor, Status-Only, FIFSW

Sufficient enrolment deadline Mon Mar 16/20

Monday, Apr. 6 to Sunday, May 3, 2020

DEVELOPING COMPETENCE IN LGBTQ AFFIRMING CARE

Celeste Pang, MA, PhD (cand)
PhD Candidate, Dept. of Anthropology; Institute for Life Course & Aging, University of Toronto Course Instructor, Interdisciplinary Centre for Health and Society, University of Toronto Scarborough

Sufficient enrolment deadline Mon Mar 30/20
The Institute for Life Course and Aging has developed Workshops to meet the demand for ongoing professional development among healthcare workers and other professionals working with the aging population.

Workshops are held online and are 4 weeks in length. They offer participants the opportunity to work at their own pace, interact with instructors and with other participants from a variety of perspectives and backgrounds.

Workshops are only offered if there is sufficient enrolment by the deadline.

Information and Registration are online at: www.aging.utoronto.ca

Cost: $240 each 4 week workshop ($120 for students & seniors)

Your Time is Your Own: We suggest people spend 2 to 3 hours a week and login at least 2 to 3 times a week to better engage in the ongoing discussion board.

No Grades or Homework: There are no tests, or graded assignments, or homework per se, though the instructor may ask you to reflect on specific questions in order to better engage you in the materials.

Letter of Completion: The workshops are informal. Instead of certificates, we send a letter of completion confirming that you participated and outlining the average time spent and topics covered.