



April 2 2024 | 2 PM - 4 PM | 21 Hendon Ave | Free



# CAREGIVER FAMILY DAY

## SPEAKER: STEPHANIE MUSKAT



Stephanie is an award-winning registered social worker and psychotherapist. She has years of experience working in acute care hospital work, where she has practiced at several major hospitals in the Greater Toronto Area (Ontario, Canada). Her work is primarily focused on caregivers and their aging loved ones.

Stephanie has been featured on numerous television networks and radio stations (including CTV, CP24, Rogers Television) and has presented at numerous universities and public events to raise awareness about mental health and mental health supports. Stephanie has acted as a primary caregiver to several family members and brings her personal experiences to her work with clients.

Stephanie sits on several committees and advocacy groups aimed at raising awareness and change for caregivers, including Caregivers CAN (Canadian Centre for Caregiving Excellence) and the Caregiver Centered Care Physician Advisory Network.

Stephanie resides in Toronto, Ontario with her partner and three little girls.



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