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**FOR IMMEDIATE RELEASE**

## **New Halifax program empowers young caregivers**

Caregivers Nova Scotia and Young Caregivers Association are launching Nova Scotia's first program for young caregivers, starting Oct. 16, 2024. Running every Wednesday at St. Andrew's Community Centre, the six-week free program will support children aged 8-12 in exploring their caregiver identity, building self-esteem, developing coping skills and forming connections.

Young caregivers are children and youth who provide care for a family member with a chronic illness, disability, mental health condition or addiction. Their roles often include personal care, watching siblings, providing emotional support and helping with household tasks.

"We know that young caregivers fly under the radar of funding and services across Canada," said Alicia Pinelli of Young Caregivers Association. "Young caregivers experience greater challenges than their peers when it comes to many aspects of their education, recreation, social and employment activities."

The new initiative is a part of the Powerhouse™ program, developed by the Young Caregivers Association of Ontario in 2003. Powerhouse™ focuses on life skills, personal development and peer connections, aiming to build resilience and self-esteem in young caregivers. The program launch in Nova Scotia is sponsored by Petro-Canada CareMakers.

To register for the program or learn more, email Kim Henry at [info@caregiversns.org](mailto:info@caregiversns.org). Spaces are limited to ten participants, so early registration is encouraged.

Caregivers Nova Scotia provides programs, services and strong advocacy for caregivers. Since our founding in 1998, we have empowered thousands of caregivers establishing ourselves as a trusted voice in the caregiving community. For more information, visit [www.caregiversns.org](http://www.caregiversns.org).

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