

Seminar:
**Self-Care for
Sibling
Caregivers**



Saturday, January 8, 2022

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5:00-6:30pm PT / 8:00-9:30pm ET

Speaker: Theebhana Prethipan (she/her/hers)
A third-year medical student at the University of
Ottawa and the sibling of a brother with a
mental health disability.

Join at **AKALAKA.org** and learn more

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A third-year medical student at the University of Ottawa and the sibling of a brother with a mental health disability.

Her lived experience has inspired Theebhana to explore the role of family-based interventions in improving the developmental trajectory of children with mental health needs. Upon graduation, she hopes to pursue a community practice in child psychiatry or family medicine.

In her leisure time, Theebhana is an art enthusiast. Her favourite media are acrylic painting, film photography and brush pen calligraphy. She also practices yoga and mindfulness to stay engaged in the present moment. Self-care is a passion that she considers a lifelong, evolving journey. She is happy to continue this progress with you at our seminar.

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Agenda (ET):

- 8:00pm Welcome! Introduction
- 8:10pm Caregiver roles & stress
- 8:35pm Self-care practices & barriers
- 9:00pm Behaviour change theory
- 9:20pm Goal setting & community building

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