



FOR IMMEDIATE RELEASE

CDI hosts live *Ask CDI* event on caring for caregivers during the COVID-19 pandemic

TORONTO, ON—Being a caregiver is a rewarding but emotionally taxing responsibility. During the COVID-19 pandemic, the stress associated with caregiving has grown tremendously. With the upcoming return-to-school, this will only continue. Recognizing the increased pressure that caregivers are feeling, [Child Development Institute \(CDI\)](#) is pleased to be hosting *Caring for Caregivers*, the latest expert talk in our *Ask CDI* live event series on Facebook this **Wednesday, August 19, at 7 pm**. This online panel discussion will be co-hosted by CDI's Director of Program Development, Research and Quality Improvement, Dr. Samantha Yamada, and Amy Coupal, CEO, the [Ontario Caregiver Organization](#). Join in as they explore self-care tips to help caregivers and their loved ones through the coronavirus pandemic, back-to-school and beyond.

Our *Ask CDI* series features expert CDI clinical staff and psychologists that offer a breadth of knowledge to support families and communities through challenging issues. At the end of each *Ask CDI* event, participants are encouraged to ask questions, which are answered live by our experts. Our team is comprised of subject-matter experts and are available to media upon request.

The CDI team has expertise in the following areas:

- Children, Youth and Family Mental Health
- Anxiety and Depression
- Stress Management and Coping Skills
- Building Family Connections and Healing
- Learning Disabilities and Mental Health
- Emotional Regulation
- Early Intervention
- Childhood Development
- Trauma and Abuse
- Mindfulness
- Executive Functioning

Ask CDI events are free, interactive and a wonderful opportunity to connect with experts from CDI as well as other reputable Canadian organizations. Families can participate in this event by clicking onto CDI's Facebook page: www.facebook.com/childdevelop.

To view a library of previous ***Ask CDI*** expert talks, [click here](#).

About Dr. Samantha Yamada

Dr. Samantha Yamada, CPsych, is the Director of Program Development, Research and Quality Improvement at Child Development Institute (CDI). She is a licensed child and adolescent clinical psychologist with experience as the Co-Founder and Founding Director of Research of Pine River Institute, an innovative residential treatment program in Ontario for adolescents who are dealing with mental health and addiction. As part of her work with PREVNet (a national network promoting healthy relationships and eliminating violence for children), she has collaborated on evaluation and program development projects with a number of national organizations, such as the Canadian Red Cross, Big Brothers and Big Sisters of Canada, RespectInSport, and the National Ballet School of Canada. She has experience providing direct service to families in Ontario, British Columbia and the United States. Samantha is a Vanier Canada Scholar, who completed her PhD at York University where she also completed a graduate diploma in health services and policy research. Samantha also holds a Masters of Education in Risk and Prevention (Adolescents) from Harvard University.

About Amy Coupal

Amy Coupal is the CEO of the Ontario Caregiver Organization, a non-profit founded in 2018 supporting Ontario's 3.3 million caregivers. A visionary leader with over 15 years of experience in the not-for-profit sector, Amy has extensive experience building organizations from the ground up and is excited to be leading the Ontario Caregiver Organization through its early days of growth. Amy has a Masters of Education from the University of Calgary and is an Adler-trained coach. Her insights have been shared through speaking and media engagements, both internationally and here in Canada. Amy is passionate about mobilizing change through knowledge sharing and building collaborative initiatives that positively impact the lives of individuals and communities.

ABOUT CHILD DEVELOPMENT INSTITUTE

Child Development Institute (CDI) is an accredited children's mental health organization in Toronto, Ont., mandated with the mission to support the healthy development of children, youth and families. A leader in the field, CDI develops and delivers world-class, evidence-based mental health programs and services across four streams: Early Intervention, Family Violence, Integra Learning Disabilities and Mental Health, and Healthy Child Development.

For more information about CDI, please visit: childdevelop.ca.

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