



**Are you caring for a family member or friend
with a long-term health condition?**

Want to learn about:

- Managing stressful caregiving situations?
- Staying on top of your care responsibilities?
- Tackling some of the common caregiver emotions such as guilt and anger?
- Linking with community resources ? (CCAC, Adult Day Centres, Caregiver Respite)

**Come to VON Hamiltons
FREE 4-Part Caregiver Education Series:
*“From Stress to Strength”***



**Limeridge Mall
65 Mall Road
Upstairs @ Fortinos
Tuesdays, Feb. 7, March 7, April 4, May 2
6:30 pm – 8:30 pm**

To REGISTER or for more information contact Miriam Cahn at the VON:

Phone: 905-523-1055 ext. 408 Email: miriam.cahn@von.ca

With enough notice, **In-Home Respite Care** (a PSW comes to your home) can be arranged for your family member **@ \$6 /hour** so you can attend the workshops.

Registration is required as spaces are limited!

Funded by the HNHB LHIN and other donations