



## 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](mailto: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!**

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