

Feeling stretched CARING for a LOVED one?

**NOW
ONLINE**

**Powerful
TOOLS
for
CAREGIVERS**

**FREE
WORKSHOP**



FREE six- week workshop to help caregivers care for themselves.

IF YOU...

- Provide care for a family member or friend in their home or yours or from a distance
- Attend appointments with another person
- Assist with grocery shopping, laundry and household chores
- Help someone with medications
- Accompany others on social outings and activities

...YOU ARE A CAREGIVER

PARTICIPANTS WILL LEARN TO:

- Reduce stress
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources
- Take care of themselves

Join the workshop from your own computer or device!
Tuesdays, 1:00 – 3:00pm
June 14 – July 19, 2022

PRE-REGISTRATION IS REQUIRED

PHONE: 519-376-5895 x 247

Hosted in partnership with
the VON Grey Bruce