

**ARE YOU TAKING CARE OF A
LOVED ONE WITH A LIFE-
LIMITING ILLNESS?**

JOIN OUR FREE CAREGIVER WORKSHOP

This 5 week workshop is designed to make your caregiving experience feel safer and less stressful for you and your loved one.

DATES & TOPICS

Wed. April 30, 1-3pm
Wed. May 7, 1-3pm
Wed. May 14, 1-3pm
Tues. May 21, 1-3pm
Wed. May 28, 1-3pm

Intro to Caregiving/ Advanced Care Planning
Medication and Pain & Symptom Management
Lifts and Transfers
Personal Care
Self Care/ Grief & Bereavement

**To register, call Suzanne at 807-626-5578
or email suzanne@hospicenorthwest.ca**

Hosted in-person at
Hospice Northwest **AND**
Online via Zoom
(computer access may be required)