

Feeling stretched CARING for a LOVED one?

Powerful
TOOLS
for
CAREGIVERS



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

Winter 2022 - ONLINE WORKSHOP

Wednesdays, January 12 – February 16
(1:00 pm – 3:00 pm)

OR

Wednesdays, February 23 – March 30
(10:00 am – 12:00 pm)

PARTICIPANTS WILL LEARN TO:

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

**PRE-REGISTRATION IS REQUIRED
TO REGISTER FOR A WORKSHOP:**

TELEPHONE: 519-421-5691

TOLL FREE: 1-855-463-5692

EMAIL: info@swselfmanagement.ca

ONLINE: www.swselfmanagement.ca