



Family Caregivers  
of British Columbia

# Caregivers Connect: Celebration!

The Caregivers Connect Celebration is a special event during our Family Caregiver Month Awareness in May. This event offers caregivers an opportunity to enjoy fun and reflective activities, including a short somatic (body-centered) dialogue session and accessible mindful movement class. This event is virtual, so anyone in B.C. (and beyond!) can join.

**When:** Thursday May 18, 10:30am - 12pm PST

**Where:** Zoom

**Register and Save your Spot!**



<https://www.familycaregiversbc.ca/events/caregivers-connect-celebration-3>



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# Caregivers Connect: Celebration!

The Caregivers Connect Celebration is an opportunity to enjoy fun and reflective activities, including easy and accessible mindful chair movement and creating a time capsule. Participants are invited to bring a piece of stationery and an envelope to this virtual event.

## Somatic Session

Training the mind to stay with the body without reacting to it can be quite challenging. Especially when the body has been a source of distress, due to pain, anxiety, body image issues or trauma. In this session, Tania Suzukia Registered Clinical Counsellor trained in Brazil and in New York and a kinesiologist with a Master's degree from UBC, will guide participants to experience their bodies in new ways, facilitating a self-massage session for you to experiment.

You will be amazed at the shifts experienced with this practice!

## Mindful Movement

Join Shelly Yu as she takes you through a fun modified version of repertoire from the popular Springtime ballet, Sleeping Beauty. Dance from the comfort of your chair and discover joy and laughter through dance. No prior experience needed, all abilities welcome. Equipment needed: a lightweight scarf or fabric and a chair to sit in comfortably.

**When:** May 18, 10:30am to 12:00pm on **ZOOM**. **Must pre-register to join!**

**Sign up here:** <https://www.familycaregiversbc.ca/events/caregivers-connect-celebration-3>

