

Feeling stretched CARING for a LOVED one?

Powerful
TOOLS
for
CAREGIVERS

FREE
WORKSHOP

**NOW
ONLINE**



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!
Wednesdays, 10am - 12pm
July 7 – August 11, 2021

PRE-REGISTRATION IS REQUIRED

EMAIL: info@swselfmanagement.ca

ONLINE: www.swselfmanagement.ca