Feeling stretched CARING for a LOVED one?

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!
Wednesdays, 10am – 12pm
July 6 – August 10, 2022

PRE-REGISTRATION IS REQUIRED

EMAIL: info@swselfmanagement.ca
ONLINE: www.swselfmanagement.ca

South West Self Management Program™
Improving your health, together.

Ontario Health West