

Caregiver Support Education Sessions



Addressing the Unique Role of the Caregiver

A caregiver is anyone who provides practical or emotional supports to a family member, friend or neighbour. All are welcome to attend four free, two-hour education sessions where participants will learn strategies to ease the burden of caregiving, find out about supports available in the community and much more.

Topics include:

- Reflections on aging & caregiving
- Effective communication
- Home care & resources in the community
- Long-term care

Choose one series of afternoon, evening or weekend sessions:

Tuesday afternoons February 21, 28, March 7, 14	1:30pm - 3:30pm
Wednesday evenings February 22, March 1, 8, 15	7:00pm - 9:00pm
Saturday mornings February 25, March 4, 11, 18	9:30am - 11:30am

Location: Community Support Connections - *Meals on Wheels and More*
61 Woolwich St. N., Breslau, ON, N0B 1M0
(closest major intersection Victoria St. N./Fountain St. N.)

To register or for information contact: Linda Flemming
Client/Caregiver Engagement Specialist
519-772-8787 ext. 210
lindaf@cscmow.org

**Community
Support
Connections**



Meals on Wheels and More