

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 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

When: Monday evenings on January 16th, 23rd, 30th and February 6th

Time: 7pm-9pm

Location: Forest Heights Community Centre
1700 Queens Boulevard, Kitchener, Ontario, N2N 3L6

To register or for information contact: Linda Flemming
Client/Caregiver Engagement Specialist
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Meals on Wheels and More