

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:

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| Tuesday afternoons January 10, 17, 24, 31 | 1:30pm - 3:30pm |
| Wednesday evenings January 11, 18, 25 and February 1 | 7:00pm - 9:00pm |
| Saturday mornings January 14, 21, 28 and February 4 | 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
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**Community
Support
Connections**



Meals on Wheels and More