

Caregiver Support Education Sessions



Addressing the Unique Role of the Caregiver

While caring for a loved one can be fulfilling, it can also be challenging and isolating.

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. A caregiver is anyone who provides practical or emotional supports to a family member, friend or neighbour.

Topics include:

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

When: Thursday mornings February 2, 9, 16, 23 from 10:00am-12:00pm

Location: Kinbridge Community Association
125 Champlain Boulevard, Unit #8, Cambridge, Ontario

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



Kinbridge
COMMUNITY ASSOCIATION