

# 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:** Monday afternoons January 9, 16, 23 and 30 from 1:30pm - 3:30pm

**Location:** Waterloo Region Nurse Practitioner Led Clinic

13 Water Street North (Main Site), Cambridge, Ontario, N1R 3B2

**To register or for information contact:** Linda Flemming  
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*Meals on Wheels and More*