

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: Wednesday mornings January 11, 18, 25, February 1 from 10:00am - 12:00pm

Location: Waterloo Region Nurse Practitioner Led Clinic

123 Pioneer Drive, Unit 101 (Satellite Site), Kitchener, Ontario, N2P 2A3

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