

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 April 24 , May 1, 8, 15 from 1:00pm - 3:00pm

Location: Waterloo Region Nurse Practitioner Clinic
13 Water St. N., Cambridge

To register or for information contact: Linda Flemming
Client/Caregiver Engagement Specialist
519-772-8787 ext. 210
lindaf@cscmow.org

**Community
Support
Connections**



Meals on Wheels and More