

Feeling stretched CARING for a LOVED one?

“ Having the tools to
resolve problems means
I am a happier, wiser
and healthier me. ”

Powerful **TOOLS** for **CAREGIVERS**



www.swselfmanagement.ca
(Toll Free) 1-855-463-5692

Whether your loved one lives with you, down the street or across the country, caring for a family member or friend with a health condition can be challenging.

Powerful **TOOLS** for **CAREGIVERS**



The focus of caregiving is often on the person who needs the care. That's important. But equally important is that caregivers take care of themselves.

This **FREE** six-week workshop series is designed to provide caregivers with the tools to do just that!



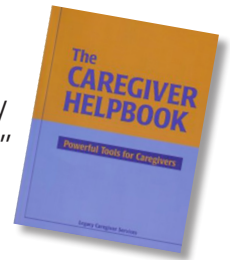
SO IF YOU...

- Provide care for a family member or friend in their home or yours or from a distance
- Attend appointments with another person
- Assist with grocery shopping, laundry and household chores
- Help someone with medications
- Accompany others on social outings and activities

...YOU ARE A CAREGIVER

PROGRAM INFORMATION

- Two trained leaders guide the workshop
- Each workshop is 2 hours a week for 6 weeks
- You will receive a **FREE** copy of "The Caregiver Helpbook"
- Individuals, family members and caregivers are welcome.



“After taking this class I am a more confident caregiver!”

PARTICIPANTS WILL LEARN TO:

- Reduce stress
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources
- Take care of themselves

WORKSHOPS TAKE PLACE IN:

- London-Middlesex
- Elgin
- Oxford-Norfolk
- Huron-Perth
- Grey-Bruce