

Feeling stretched thin from caring for a friend or family member?

Living Well
South East

Self-Management Program  Ontario

Powerful Tools for Caregivers

FREE 6-week workshop



This class will give you tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings, needs, and concerns
- Make tough decisions
- Locate helpful resources

Online workshop

Gain information and skills to better take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver.

Caring for a family member or friend with a health condition can be physically, emotionally, and financially challenging. This free, six-week workshop is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend, whether they are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

**Tuesday afternoons,
September 12 to October 17, 2023
1:30 to 4:00 pm EST**

Receive a **FREE** copy of the **Caregiver Helpbook** and the audio file *Relaxation for Mind and Body*.

REGISTER ONLINE TODAY as spaces are limited!
www.livingwellseontario.ca

Please contact us with any questions at selfmanagement@kchc.ca or 613-542-2949 x1179

