

EDUCATIONAL WORKSHOP SERIES

IN
PERSON

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex

weCHC
Healthcare for You
Des soins de santé pour vous

Powerful Tools FOR Caregivers

Feeling stretched caring for a loved one?

YOU ARE A CAREGIVER IF:

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

- * Classes are interactive
- * **FREE** in-person series
- * All are welcome to attend
- * Weekly attendance is expected

LEARN ABOUT:

- Reducing stress
- Better communication of feelings
- Increase the ability to make tough decisions
- Taking care of yourself

UPCOMING WORKSHOP

Grand Bend

Community Health Centre

69 Main St. E., Grand Bend ON

Thursdays (6 week series)

September 7—October 12, 2023

10:00am—11:30am

TO REGISTER PLEASE CONTACT:

Kate Mason, OT at GBCHC

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Questions?

Call Toll Free 1-855-259-3605

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