



# Caregiver Stress Management Workshop

Do you give unpaid care to a family member or friend who has a chronic or acute health condition, or who is frail or elderly? As a caregiver, you may feel overwhelmed by all of your responsibilities.

Our goal is to help you identify common stressors and address them before they become harmful to your health. We will focus on strategies to regain or maintain your life balance.

All family & friend caregivers are invited to join **Caregivers Nova Scotia** for this free workshop on:

**Wednesday, November 23rd, 2016**  
**1:00 pm – 3:30 pm**  
**Canadian Cancer Society**  
**5826 South Street**  
**Halifax**

**Parking reimbursement available. To register or for more information** contact Caregivers Nova Scotia: 902.421.7390 | [Info@CaregiversNS.org](mailto:Info@CaregiversNS.org)  
Registration deadline: Monday, November 21<sup>st</sup>.

