



Caregiver Stress Management Workshop

Do you give unpaid care to a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly? Do you visit a family member or friend in a nursing home regularly? As a caregiver, you may feel overwhelmed by all of your responsibilities.

Our Caregiver Stress Management Workshop will 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.

Please join **Caregivers Nova Scotia** for our **free** workshop on:

Thursday April 24, 2014
1:30 to 3:30 pm
Atlantic Superstore Community Room
470 Warwick St. Digby, NS

This workshop is in partnership with the Digby and area Senior Safety Program.

For more information or to register, contact:

Dawn Thomas at 902.245.2579 or

Jennifer Briand at (toll-free) 1.877.488.7390 or Western@CaregiversNS.org