



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** workshops on:

Wednesday, November 25, 2015

10:00 am at the Isle Madame New Horizons Seniors Club,
2373 Highway 206, Arichat (refreshments will be served)

and

2:00 pm at the Bonnie Brae Senior Citizen's Club
12 Toulouse Street, St Peters (refreshments will be served)

For more information or to register, contact:

Maggie Roach-Ganaway at 1.877.488.7390 or CapeBreton@CaregiversNS.org.

RICHMOND COUNTY LITERACY NETWORK




Caregivers
Nova Scotia
for friends and family giving care