



# 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.

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

**Monday, May 14<sup>th</sup>, 2018**  
**1:30pm – 3:30pm**  
**Lion's Den**  
**210 King St., Parrsboro, NS**

This is a free workshop but **pre-registration is required** by Thursday, May 10th. Please contact Cindie Smith at 902.324.2273 to register or for more information.

