



Caregiver Stress Management Workshop

Do you give unpaid care to a family member or friend who has a physical or mental health condition, or who is chronically ill or frail?

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, November 18th, 2019
Storm date: Wednesday, November 20th, 2019
2:00pm – 4:30pm
Digby Arena, 2nd Floor
27 Shreve Street, Digby, NS

This is a free workshop but **pre-registration is required by Thursday, November 14th** . Please call 902.680.8706 or toll-free 1.877.488.7390 to register or for more information.