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:

Wednesday, December 16th, 2020
12:00pm – 2:45pm
Please arrive at 11:45 to register with CORAH
CORAH Centre of Rural Aging and Health
NSCC Annapolis Valley Campus
295 Commercial St., Middleton

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

Caregivers
Nova Scotia
for friends and family giving care