



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:

Tuesday, December 17th, 2019

Storm date: Thursday December 19th, 2019

1:30pm – 4:00pm

New Minas Baptist Church (External Building)

9453 Commercial Street

New Minas, NS

This is a free workshop but **pre-registration is required by Friday, December 13th**. Please call Jennine Wilson at 902.680.8706 or toll-free 1.877.488.7390 to register or for more information.