



# Caregiver Stress Management Workshop

Caregivers Nova Scotia has been invited by the **Juvenile Diabetes Research Foundation (JDRF)** to deliver our Caregiver Stress Management Workshop to family & friends who give care to a person with Type 1 Diabetes.

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:

**Thursday, November 5, 2015**

**6:00 – 8:00 pm**

**Alderney Gate Public Library** (Maxine Tynes Room)

**40 Alderney Gate Rd**

**Dartmouth, NS**

If you have not already registered through JDRF, please contact Lynn Butler:  
1.877.488.7390 or [Support@CaregiversNS.org](mailto:Support@CaregiversNS.org)

