



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:

Tuesday, January 16th, 2018
6:30pm – 9:00pm
Prospect Road Community Centre – Art Room
2141 Prospect Road
Hatchet Lake

This is a **free** workshop but seating is limited. Please contact Caregivers Nova Scotia at 902.421.7390 to register or for more information.
Registration deadline: Friday, January 12th.