



# 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:

**Thursday, June 14<sup>th</sup>, 2018**  
**6:30pm – 8:30pm**  
**Canadian Red Cross Office**  
**139 Truro Heights Road**  
**Truro**

This is a free workshop but **pre-registration is required** by Tuesday, June 12th. Please contact Cindie Smith at 902.324.2273 to register or for more information.