



Caregiver Stress Management Workshop

Do you give unpaid care to a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly? Do you visit a family member or friend in a nursing home regularly? As a caregiver, you may feel overwhelmed by all of your responsibilities.

Our Caregiver Stress Management Workshop will 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 our **free** workshop on:

Thursday, April 10, 2014
2:00 to 4:00 pm
St. Andrew's United Church Hall
46 Main St.
Stewiacke, NS

For more information or to register, contact Cindie Smith at:
902.324.2273 or toll-free at 1.877.488.7390
or Northern@CaregiversNS.org