



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:

Wednesday, September 11th, 2019

1:00pm – 3:00pm

Whitney Pier Seniors Club

50 Breton St.

Sydney, NS

This is a free workshop but **pre-registration is required by Monday, September 9th**. Please call 902.371.3883 or toll-free 1.877.488.7390 to register or for more information.