



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:

Wednesday, January 14, 2015
6:00 pm
Sobeys Community Room
3650 Hammonds Plains Rd
Tantallon, NS

For more information or to register, contact:

Connie Vanberkel, VON, at 902.455.6646 or
Suzanne Brown, Aspotogan Heritage Trust, at 902.857.1133 or
Jennifer Briand at 1.877.488.7390 or Western@CaregiversNS.org

