



# 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:

**Wednesday, February 20<sup>th</sup>, 2019**  
**2:00 pm – 4:00 pm**  
**Victorian Order of Nurses (VON) Office**  
**55 Starrs Rd.**  
**Yarmouth**

This is a free workshop but **pre-registration is required** by Friday, February 15<sup>th</sup>. Please contact Sandra Hubbard-LeBlanc at 902-742-4512 Ext. 234 or Jennifer Briand at 902.521.5592 to register or for more information.

