



Caregiver Stress Management

This workshop is designed for anyone caring for/has cared for a loved one with ALS or PLS.

Caregiving can be rewarding but it also can be emotionally and physically demanding.

This workshop will explore signs of caregiver stress, practical strategies to reduce burnout, and simple ways to prioritize your own well-being while continuing to care for others.

You'll also learn about available supports and connect with others who understand the caregiving journey.



**Hosted by the ALS Society of
New Brunswick and Nova Scotia**



**Presented by Jennine Wilson & Héloïse Muller,
Caregivers Nova Scotia**



Date: September 17, 2026



Time: 1:00 - 4:00 p.m.



Location: 60A-1000 Windmill Road, Dartmouth, Nova Scotia



Virtual participation available



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Taking care of you helps you continue to care for others