

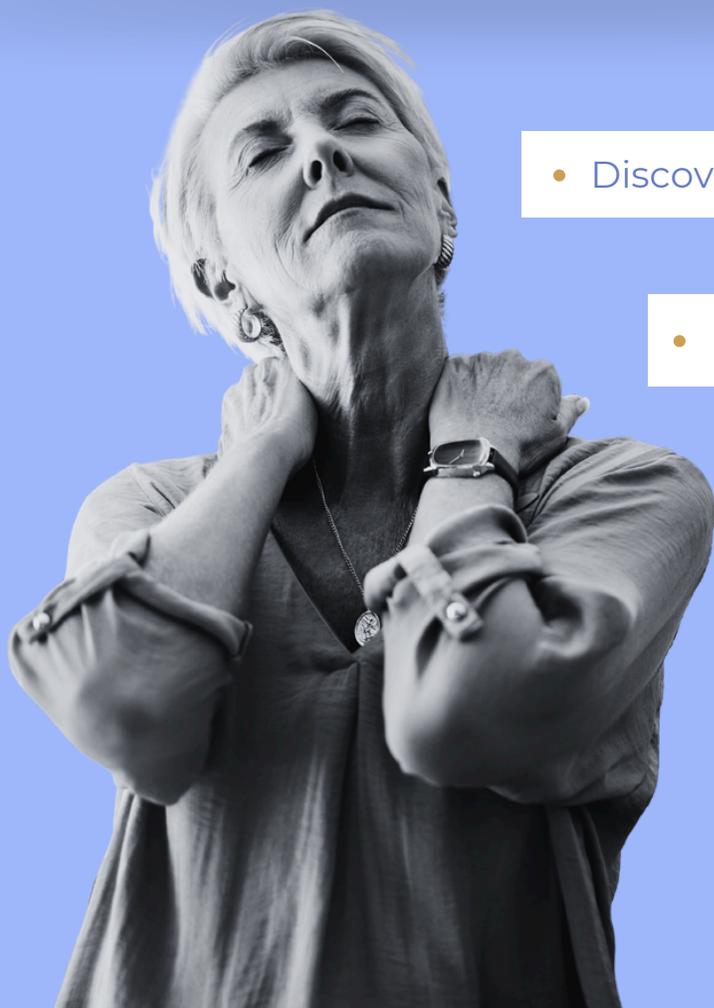
Stress Management

for caregivers

When: March 19, 2-4 p.m.

Where: Parkland at the Gardens, 5732 College Street, Halifax

Register: Halifax@CaregiversNS.org or 902.421.7390



- Discover the common caregiver stressors

- Recognize the signs of stress and burnout

- Learn coping strategies

