

Stress Management

for caregivers of youth

When: February 24, 6:00 p.m.

Where: 37 Nepean Street, Sydney

Register: cbunin@newdawn.ca

Do you support a youth aged 12-25?

Join our **Caregiver Connections** sessions - a space for conversation, learning and support.

- Discover the common caregiver stressors

- Recognize the signs of stress and burnout

- Learn coping strategies

