


Stress Management

for caregivers

When: October 6, 1-4 p.m.

Where: Isle Madame New Horizons Senior Citizens Club, Arichat

Register: CapeBreton@CaregiversNS.org or 902.595.0128

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- Discover the common caregiver stressors
 - Recognize the signs of stress and burnout
 - Learn coping strategies

