

Stress Management

for caregivers

When: July 29, 1:30-3:30 p.m.

When: August 12, 1:30-3:30 p.m.

Where: 82 Baker Drive, Dartmouth

Where: 122 Baker Drive, Dartmouth

Register: Info@CaregiversNS.org or 1.877.488.7390

- Discover the common caregiver stressors

- Recognize the signs of stress and burnout

- Learn coping strategies

