

# Alzheimer Society

BRANT, HALDIMAND NORFOLK,  
HAMILTON HALTON



## SELF-CARE For The Caregiver

**Where:** Brant Alzheimer Office  
25 Bell Lane,  
Brantford, Ontario,  
Brantwood Community Services  
Classed located in boardroom

**When:** Tuesdays,  
April 2 to July 16, 2019  
(16-week program)

**Time:** 1pm to 4pm



### Do You...

- Feel overwhelmed in caring for others?
- Experience insomnia, worry, or anxiety?
- Have trouble dealing with your feelings?
- Find it hard to find time to take care of yourself?
- Have trouble asking for help and following through on it?

\*\*\*Refreshments served.

Feel free to bring a bagged lunch\*\*\*

**Registration is required.**  
**Late registrants until April 23, 2019.**

**Sessions are FREE.** A required course workbook cost is \$55.00 plus HST with subsidy considered on an individual basis. Respite is part of this program and will be available for those who qualify.



Please join Janet Lovegrove, a Registered Nurse, BScN, MSc, CPMHN, as she takes you through a sixteen-week educational program designed to help you learn how to take better care of you as you care for others. The three-hour weekly classes focus on self-awareness exercises, stress management, group discussion, and take-home exercises. You can learn how to develop your inner capacity to be resilient and strong regardless of your current life challenges.

For more information or if you wish to attend

Please contact:

**Janet Lovegrove 519-759-7692 EXT.425**

[janet.lovegrove@alzda.ca](mailto:janet.lovegrove@alzda.ca)



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