



SELF-CARE For The Caregiver

**Where: Alzheimer Society
Burlington office**

When: Thursdays

May 30 – Sept 12 2019

16 week program

Registration: Required



Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

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 will be served.

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 **Chantal Mudahogora**, a **Therapeutic Counselor**, 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 call:
289-837-2310 x 309



VIOLA FODOR
LIFE PROCESS TRANSFORMATION™

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