

Niagara Caregiver Network



Where: Pfizer Room,
Alzheimer Society
of Niagara Region
#1 - 403 Ontario St.
St. Catharines, ON

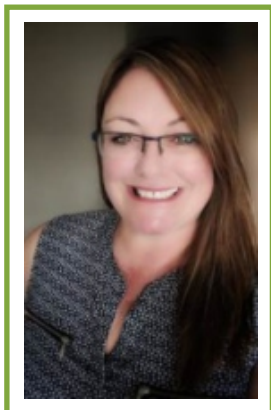
When: Wednesdays,
Aug. 28 - Dec. 11, 2019

Time: 12:30 - 3:30PM

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?

Sessions plus required workbook is **FREE**



Please join Denise Verreault, Director of Programs & Services at the Alzheimer Society of Niagara Region, 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 class will 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:

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Soci t  Alzheimer Society
NIAGARA REGION
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Made possible by funding from:

