

# Niagara Caregiver Network



**Where:** Wellspring Niagara  
50 Wellspring Way  
Fonthill, ON

**When:** Tuesdays,  
March 26 - July 9, 2019

**Time:** 5:30 - 8:30pm

Sessions plus required workbook is FREE

## 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?



Please join Shelley Wilson, M.A., B.A., RSSW, Supportive Counsellor at Hospice Niagara, 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:

E-mail: [Delphine.pagotto@cschn.ca](mailto:Delphine.pagotto@cschn.ca)

Phone: 905-734-1141 ext. 2319

Fax: 905-734-1017



*Société Alzheimer Society*  
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