

Caring for the Caregiver

A friendly, skills-based session for anyone who helps care for someone else.

Trenton
69 Catherine Street
March 26 th at 2:00pm-3:30pm

What We'll Explore

- The emotional experience of caregiving
- How long-term stress affects your health
- Simple tools to reduce overwhelm
- Setting boundaries without guilt
- Staying compassionate without burning out
- Caring for yourself while caring for others

What to Expect

- One gentle, supportive session
- Plain-language, large-print handouts
- Easy, practical skills
- Time to reflect, share, or simply listen
- A calm, welcoming environment

Light Refreshments Provided!

PLEASE REGISTER

Scan the QR code or register at
<http://tiny.cc/caringforthecaregiver>



Questions?
Contact Tiffany
613-965-0698



SCAN HERE