



Event For Caregivers Of People With Dementia

Building Caregiver Resilience



When:

Monday

April 15, 2019

Time: 1:30 PM – 3:30 PM

Where:

St. James United Church
400 Burnhamthorpe Rd,
Etobicoke, ON
M9B 2A8

Cost:

FREE, registration is required.

*Please note that all events are
scent-free.*

This workshop will help caregivers tap into existing sources of resilience and learn new resilience-building strategies.

Learning Objectives:

- Describe the concept of resilience and why it is important for family caregivers
- Recognize existing sources of resilience
- Explore ways to build caregiver resilience
- Develop an understanding of supportive services in the community

TO REGISTER:

Contact **416-622-8089** or please leave a message if no answer