

Finding Joy and Humour in Caregiving



When:

Monday

August 19, 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 interactive workshop is for family members and related caregivers of people living with dementia.

Topics:

- Creating opportunities for joy and looking at the lighter side of caregiving
- The benefits of using humour and having positive outlook
- Strategies and approaches for incorporating joy and humour into caregiving

TO REGISTER: Call 416-622-8089 to register.