



● **Join our Caregiver Support Sessions!** ●



Life can be challenging — we can lighten the load.
We welcome you to attend a Caregiver Group via a virtual platform or In Person , to help you understand the unique role and needs of a caregiver

Our sessions will offer you an opportunity to gain information on a variety of topics such, as effective communication, self care, age related illness's, and navigating the healthcare system. They also provide that social and emotional support to caregivers, where they can share their experiences .

To register, or for information, contact:
Linda Flemming
Client/Caregiver Engagement Specialist
519-503-8155 / lindaf@cscmow.org