

Take Care to Give Care

A one day conference for caregivers and those who work with them.



Thursday, May 30, 2019

9 AM - 3 PM

*Coffee and Registration at 8:30AM

Conestoga Place

110 Manitou Drive Kitchener, Ontario, N2C 1L3

View Community Displays, Enjoy Lunch, & Connect with Others

Presentations

Courage to be a Caregiver

Michelle O'Rourke, RN, MA, Author, Background includes Emergency Nursing, Parish Nursing, Hospice Palliative Care

Build your Roadmap to Self Care

Cathy Middleton, Registered Expressive Arts Psychotherapist and Counsellor with Hospice Waterloo Region

Young Carer's – "Who are we?"

Fitsum Areguy

Having those Difficult Conversations

Dr. Rachael Halligan, MD, CCFP, FCEP, Palliative Care

This event is FREE for Caregivers!

Small fee for professionals.

Register Online:

www.hospicewaterloo.ca/take-care-to-give-care

For more information, please contact

Linda at 519-772-8787 extension 210 or email lindaf@cscmow.org

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