

*Feeling stretched CARING for a LOVED one?*

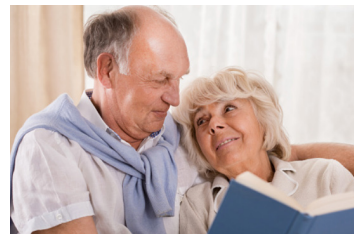
“*Having the tools to  
resolve problems means  
I am a happier, wiser  
and healthier me.*”

# *Powerful* **TOOLS** *for* **CAREGIVERS**



[www.swselfmanagement.ca](http://www.swselfmanagement.ca)  
(Toll Free) 1-855-463-5692

Whether your loved one lives with you, down the street or across the country, caring for a family member or friend with a health condition can be challenging.



# Powerful **TOOLS** for **CAREGIVERS**



The focus of caregiving is often on the person who needs the care. That's important. But equally important is that caregivers take care of themselves.

This **FREE** six-week workshop series is designed to provide caregivers with the tools to do just that!



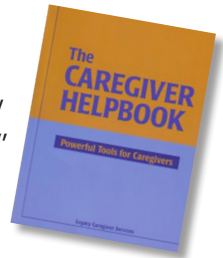
## SO IF YOU...

- Provide care for a family member or friend in their home or yours or from a distance
- Attend appointments with another person
- Assist with grocery shopping, laundry and household chores
- Help someone with medications
- Accompany others on social outings and activities

**...YOU ARE A CAREGIVER**

## PROGRAM INFORMATION

- Two trained leaders guide the workshop
- Each workshop is 1½ hours a week for 6 weeks
- You will receive a **FREE** copy of "The Caregiver Helpbook"
- Individuals, family members and caregivers are welcome.



*“After taking this class I am a more confident caregiver!”*

## PARTICIPANTS WILL LEARN TO:

- Reduce stress
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources
- Take care of themselves

## WORKSHOPS TAKE PLACE IN:

- London-Middlesex
- Elgin
- Oxford-Norfolk
- Huron-Perth
- Grey-Bruce