

Les Aidants Naturels du Haut St-Laurent



«Caring for a loved one without becoming exhausted»

More & more individuals are becoming family caregivers. If you are already in this position or perceive to be in the future, this workshop is especially created to prevent physical and mental exhaustion.



Session starting April 4th to May 23rd, 2017,
Tuesdays, 6:00 to 8:30 p.m.

To register for this 8 session FREE workshop
contact Les Aidants Naturels du HSL at 450-826-1243
Or dneumann@aidantsnaturelshsl.com