



Family Caregiving,
it's not a sprint, it's a
marathon!

Prepare yourself!

Knowledge is empowerment

Tuesday's between 6:00 to 8:30

From April 2nd to May 21st 2019

At CVR in Ormstown

Pre-registration Required



Themes to be covered

1. Motivation
2. Needs & Rights
3. Guilt
4. Choices
5. Protecting our Health
6. Changes
7. Family Dynamics
8. Negotiating
9. Resources

Stepping into the role as a Family Caregiver means our responsibilities increase. Often, this surplus of demands changes the dynamics of our relationship(s). Preparing for this journey preserves and honors our vitality while preventing exhaustion.

Les Aidants Naturels Du Haut-Saint-Laurent

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L'APPU POUR LES
PROCHES AIDANTS
D'AINÉS
MONTÉRÉGIE

