



A FREE SIX-WEEK WORKSHOP FOR CAREGIVERS

The “Powerful Tools for Caregivers Workshop” teaches skills to help you manage the day-to-day challenges of caregiving. The workshop provides you with tools, to increase your self-care and confidence, helping you handle difficult situations, emotions and decisions.

The workshop runs for six consecutive weeks for 1.5 hours and is led by trained leaders who themselves have experience as caregivers. The workshops are free and run in communities throughout the region.

Topics Include:

- Develop a self-care “Tool Box”
- Identifying and reducing personal stress
- Communicating feelings, needs and concerns
- Dealing with emotions such as anger, guilt and depression
- Mastering caregiving decisions.

CLASS #1: TAKING CARE OF YOU	CLASS #3: COMMUNICATING FEELINGS, NEEDS AND CONCERNS	CLASS #5: LEARNING FROM OUR EMOTIONS
CLASS #2: IDENTIFYING AND REDUCING PERSONAL STRESS	CLASS #4: COMMUNICATING IN CHALLENGING SITUATIONS	CLASS #6: MASTERING CAREGIVING DECISIONS

“After taking this class I am a more confident caregiver! Having the tools to resolve problems is a definite advantage in becoming a happier, wiser, and healthier me... and a healthier us!”



Weekly In Person Workshop at:
Matthews House Hospice
 131 Wellington St. E., Alliston
 Tuesdays
 April 30th, May 7th, 14th, 21st, 28th, & June 4th, 2024
 1:00pm to 3:00pm

For more information or to register:
 Contact: Megan Rochford at 705-434-7175
 or at: mrochford@matthewshousehospice.ca
 or online at www.healthy-living-now.ca