



# BUILDING BETTER CAREGIVERS FREE ONLINE WORKSHOP

Building Better Caregivers (BBC) is a 6- week workshop developed for people who care for a family member or friend on a regular basis. With a focus on reducing stress through the use of practical skills and tools. This workshop helps you manage your caregiving tasks so you can maintain a happy, fulfilling life for you and your care partner.

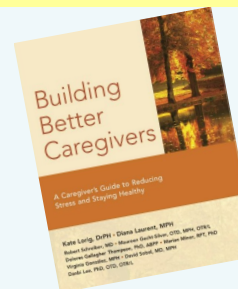
The workshop runs for 6 consecutive weeks for 2 hours and is led by trained leaders.

The workshops are free and run in communities throughout the region. Caregivers, support persons and family members are welcome.

### IMPORTANT TOPICS INCLUDE:

- Improving caregiver stress
- Dealing with difficult emotions
- Addressing difficult care partner behaviours
- Keeping you and your care partner safe and avoiding injury and accidents
- Decision-making about treatment, housing and outside help
- Communicating effectively with family, friends, and health professionals
- Exercising for caregiver and care partner safety, strength, flexibility, and endurance
- Maintaining healthy nutrition habits

Weekly Zoom Meetings  
Thursdays  
May 23, 30, June 6, 13, 20, & 27, 2024  
6:30pm-8:30pm



AS PART OF THE  
WORKSHOP YOU  
WILL RECEIVE  
A FREE BOOK

Please register by February 7th to ensure you receive the class materials in time.  
For more information and to be placed on the list, contact: Lisa Rae at 416-635-2860 x284,  
Or email: [lrae@circleofcare.com](mailto:lrae@circleofcare.com)  
Or Online: [www.healthy-living-now.ca](http://www.healthy-living-now.ca)