



# FREE BUILDING BETTER CAREGIVERS 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.

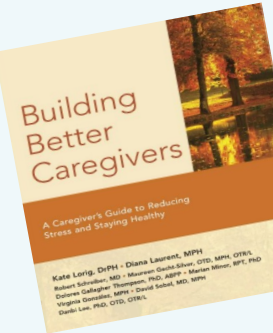
The workshop runs for 6 consecutive weeks for 2 hours and is led by trained leaders.

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

**WORKSHOP DATES:**  
**THURSDAYS,**  
**APRIL 25, MAY 2, 9, 16, 23, 30, 2024**  
**10:00AM -12:00PM**



**AS PART OF THE  
WORKSHOP YOU  
WILL RECEIVE  
A FREE BOOK**

**For More Information or to Register:**  
**Please contact: Mary Ellen McGeachie at:**  
**[MaryEllen.McGeachie@nygh.on.ca](mailto:MaryEllen.McGeachie@nygh.on.ca),**  
**416-756-6871 ext. 8525**  
**Or, [www.healthy-living-now.ca](http://www.healthy-living-now.ca)**  
**\*Registration and Virtual Consent Form to be completed before the start of the program.**

