



Powerful Tools FOR Caregivers

A **FREE** Six-Week Workshop for Caregivers

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

DATES Weekly (IN PERSON) Tuesday March 18, 2025

TIME 10:00am – 11:30am

LOCATION **Matthews House Hospice**
131 Wellington Street E., Alliston, ON

Pre-registration is **required**, for more information:

Contact: Megan Rochford

(705) 434-7175,

Or at: mrochford@matthewshousehospice.ca,

Or online at www.healthy-living-now.ca