Powerful Tools FOR Caregivers

www.healthy-living-now.ca

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 #2: IDENTIFYING AND REDUCING PERSONAL STRESS

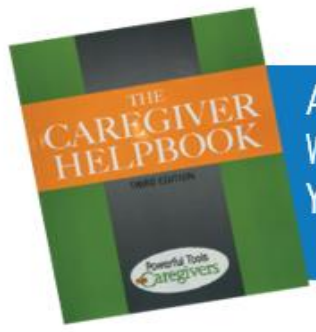
CLASS #3: COMMUNICATING FEELINGS, NEEDS AND CONCERNS

CLASS #4: COMMUNICATING IN CHALLENGING SITUATIONS

CLASS #5: LEARNING FROM OUR EMOTIONS

CLASS #6: MASTERING CAREGIVING DECISIONS

"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!"



AS PART OF THE WORKSHOP YOU WILL RECEIVE A FREE BOOK

Weekly In Person Workshop at:
Matthews House Hospice
131 Wellington St. E., Alliston
Tuesdays
March 18th, 25th & April 1st,
8th, 15th, & 22nd, 2025
10:00am to 11:30pm

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

Matthews House Hospice

Healthy Living Now
Supporting Your Success
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