



# 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

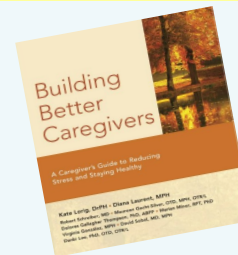
Weekly Zoom Meetings

Thursdays

January 16, 23, 30,

February 6, 13, & 20, 2025

6:30pm-8:30pm



AS PART OF THE  
WORKSHOP YOU  
WILL RECEIVE  
A FREE BOOK

Deadline to register is January 8th!

Kindly note that this workshop is ONLY for those currently caring for someone!

For more information and to be placed on the list, contact: Lana at 416-635-2860 x238,

Or email: [lrottenberg@circleofcare.com](mailto:lrottenberg@circleofcare.com)

Or Online: [www.healthy-living-now.ca](http://www.healthy-living-now.ca)