



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

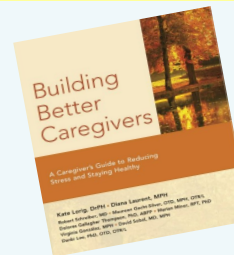
Weekly Zoom Meetings

Thursdays

February 19, 26,

March 5, 12, 19, & 26, 2026

6:30pm-8:30pm



AS PART OF THE
WORKSHOP YOU
WILL RECEIVE
A FREE BOOK

Deadline to register is February 12th!

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

Or Online: www.healthy-living-now.ca