


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 (VIRTUAL)
Thursdays, May 25th to July 2nd, 2026

TIME 6:30pm – 8:00pm

LOCATION Online – Via Zoom

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

Contact: Sally Kirby
(289) 231-0926,
Or at: skirby@southlake.ca,
Or online at www.healthy-living-now.ca