


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!"

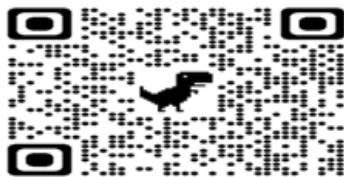
DATES: Weekly (VIRTUAL)
Thursdays, May 28th to July 2nd, 2026

TIMES: 6:30pm – 8:00pm

LOCATION: Online – Via Zoom

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

Contact: Sally Kirby at (289) 231-0926, Or at: skirby@southlake.ca,



Online Registration: www.healthy-living-now.ca/upcoming-workshops/