



BUILDING BETTER CAREGIVERS 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.

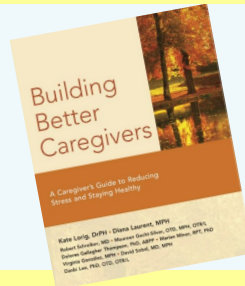
The workshop runs for 6 consecutive weeks for 2 hours and is led by trained leaders.

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

FREE
WEEKLY ONLINE VIA ZOOM
MONDAYS, SEPTEMBER 28,
OCTOBER 5, 19 & 26,
NOVEMBER 2, 9, 2026
6:30PM-8:30PM



**AS PART OF THE
WORKSHOP YOU
WILL RECEIVE
A FREE BOOK**

To Register: www.healthy-living-now.ca,

Or for more information contact:

Sally Kirby at skirby@southlake.ca,

Or at 905-895-4521 ext.6489