


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!"

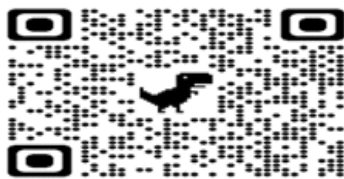
DATES: Weekly (In-Person)
Wednesdays, September 23rd to October 28th, 2026

TIMES: 2:00pm – 3:30pm

IN PERSON: The Tannery, Suite 403,
465 Davis Drive, Newmarket, ON L3Y 7T9

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/