



A **FREE** SIX-WEEK WORKSHOP FOR CAREGIVERS

The “Powerful Tools for Caregivers Workshop” teaches skills to help you manage the day-to-day challenges of caregiving. The workshop provides you with tools, to increase your self-care and confidence, helping you handle difficult situations, emotions and decisions.

The workshop runs for six consecutive weeks for 1.5 hours and is led by trained leaders who themselves have experience as caregivers. The workshops are free and run in communities throughout the region.

Topics Include:

- Develop a self-care “Tool Box”
- Identifying and reducing personal stress
- Communicating feelings, needs and concerns
- Dealing with emotions such as anger, guilt and depression
- Mastering caregiving decisions.

CLASS #1:
TAKING CARE OF YOU

CLASS #3:
COMMUNICATING FEELINGS,
NEEDS AND CONCERNS

CLASS #5:
LEARNING FROM OUR
EMOTIONS

CLASS #2:
IDENTIFYING AND REDUCING
PERSONAL STRESS

CLASS #4:
COMMUNICATING IN CHALLENGING
SITUATIONS

CLASS #6:
MASTERING CAREGIVING
DECISIONS

“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!”



Weekly In Person Workshop at:
MATTHEWS HOUSE HOSPICE
131 Wellington St. E., Alliston
Thursdays
October 15 – November 19, 2026
10:00am-12:00pm

For more information or to register:

Contact: Megan Rochford at 705-434-7175
or at: mrochford@matthews.house,
or online at www.healthy-living-now.ca