



**FREE
ONLINE**

Building Better Caregivers

Register by **Tuesday, November 3, 2026**

Are you a caregiver who cares for a family member or friend on a regular basis? This special intensive course is for you. This workshop focuses on practical skills and tools that ease stress and strengthen your effectiveness as a caregiver.

For more information, contact:

Lana - 416 635 2860 x 238 or
lrottenberg@circleofcare.com.

To register, scan or use the button below.

REGISTER NOW



Dates: Thursdays
November 12, 19, 26,
December 3, 10, 17



Time: 6:30-8:30pm



Location:
Online via Zoom



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