

Building Better Caregivers
In-Person Leader Training

The Building Better Caregivers workshop is an evidence based workshop developed by the Stanford Patient Education Research Center (now SMRC). The Workshops are highly participatory. Mutual support and success build participants' confidence in their ability to reduce stress through the use of practical skills and tools. Leaders will be those who have lived experience with caregiving and the challenges caregivers face. Each participant receives a "Building Better Caregivers" book.

The training runs for 4 full days, Monday to Thursday for 7 hours each day.

Subjects covered include:

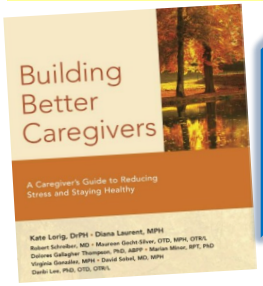
- Improving caregiver stress
- Dealing with difficult emotions.
- Addressing difficult care partner behaviors.
- Keeping you and your care partner safe.
- Maintaining healthy nutrition
- Communicating with health professionals
- Exercising for caregiver and care partner.
- Action-planning, problem-solving, decision-making.

In-Person BBC Training at:
The Tannery
465 Davis Drive, Suite #403
Newmarket, ON L3Y 7T9

Monday to Thursday
February 22nd to February 25th, 2027
9:00am—4:00pm

*Lunch & Snacks will be provided!

For More Information or to Register:
Sally Kirby at skirby@southlakeregional.org,
Or at 289-231-0926



AS PART OF THE WORKSHOP YOU WILL RECEIVE A FREE BOOK

SOUTHLAKE
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Leading edge care. By your side.

Healthy Living Now
Supporting Your Success
Self Management Program Ontario