



## Caregiver Support Information Sessions

**Caring for a loved one can be fulfilling, challenging, isolating and so much more. Support groups or a quick conversation can make things easier.**

All are welcome to attend free Caregiver Support Information Sessions that address the unique role and needs of caregivers, which run for four weeks. Topics include reflections on aging, effective communication, and self-care. A caregiver is anyone who provides practical or emotional supports to a family member, friend or neighbour.

**Choose a series that best suits your schedule!**

Mondays September 17, 24, October 1, 15	1:30pm - 3:30pm
Mondays November 5, 12, 19, 26	1:30pm - 3:30pm

### **Sessions are held at**

Nurse Practitioner-Led Clinic, 13 Water Street North, Cambridge

### **To register or for information, please contact**

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*Meals on Wheels and More*