



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!

Tuesdays September 11, 18, 25, October 2	1:00pm - 3:00pm
Wednesdays September 12, 19, 26, October 3	7:00pm - 9:00pm
Saturdays September 8, 15, 22, 29	9:30am - 11:30am

Tuesdays October 16, 23, 29, November 6	1:00pm - 3:00pm
Wednesdays October 17, 24, 31, November 7	7:00pm - 9:00pm
Saturdays October 20, 27, November 3, 17	9:30am - 11:30am

Sessions are held at

Community Support Connections - *Meals on Wheels and More*
61 Woolwich St. N., Box 29, Breslau, Ontario, N0B 1M0

To register or for information, please contact

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**Community
Support
Connections** 
Meals on Wheels and More