

Caregiver Resource Centre May Calendar

Sunday, May 17	<ul style="list-style-type: none">■ Balancing Work and Care: Finding strategies that work for you Time: 12 – 12:40 PM In person (Webinar viewing)
Monday, May 18	<ul style="list-style-type: none">■ Preparing for the Future: Advance Care Planning for Caregivers Time: 2 - 3 PM In person (Webinar viewing)
Tuesday, May 19	<ul style="list-style-type: none">■ PTSD in Unpaid Caregivers: Risks, Signs, and Support Time: 11 - 12 PM In person (Webinar viewing)
Wednesday May 6, 13, 20 & 27	<ul style="list-style-type: none">■ Tech Time Learn to use your device Time: 2 – 3 PM In person
Thursday, May 21 & 28	<ul style="list-style-type: none">■ Art Drop-in Art opportunity, no experience needed Time: 10:30 – 11:30 AM In person
Friday, May 1	<ul style="list-style-type: none">■ WoodGreen Breathing Space. Peer support group facilitated by WoodGreen social workers. Special session: Guest speakers from Nisbet Lodge presenting on long-term care. Light refreshments will be provided. Time: 10 – 11:30 AM In person
Saturday, May 16	<ul style="list-style-type: none">■ Healthy Sleep Habit Helping You Get a Good Night's Sleep Time: 12 – 1 PM In person (Webinar viewing)

Caregivers can access the centre using their Caregiver ID card. Please speak with unit staff if you require assistance.

■ Webinar ■ Community partner ■ Education ■ Caregiver support ■ Skill building