

Caregiver Resource Centre April Calendar

Sunday, April 19	<ul style="list-style-type: none">■ When Thinking Abilities Change: Is It Dementia? Time: 12 – 12:40 PM In person (Webinar viewing)
Monday, April 20	<ul style="list-style-type: none">■ Tips for Caregivers to Safely Assist with Mobility and Navigate Change Time: 2 - 3 PM In person (Webinar viewing)
Tuesday, April 7	<ul style="list-style-type: none">■ National Caregiver Day Event Join us at the Caregiver Resource Centre for a day of education, connection, and appreciation. Light refreshments will be provided. Caregivers, staff and community partners welcome. Time: 10 AM – 2 PM In person
Wednesday	<ul style="list-style-type: none">■ Tech Time Learn to use your device April 1, 8, 15, 22 & 29 (Wednesday afternoons) Time: 2 – 3 PM In person■ Infection Prevention and Control Ask your questions about keeping safe April 29 Time: 1 – 1:30 PM In person
Thursday, April 16, 23 & 30	<ul style="list-style-type: none">■ Art Drop-in Art opportunity, no experience needed Time: 12 – 1 PM In person
Friday, April 10	<ul style="list-style-type: none">■ WoodGreen Breathing Space. Peer support group facilitated by WoodGreen social workers. Light refreshments will be provided. Time: 10 – 11:30 AM In person
Saturday, April 18	<ul style="list-style-type: none">■ Non-Violent Communication Transforming Caregiver Guilt & Resentment Through Self-Empathy 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