

# Caregiver Resource Centre June Calendar

<b>Sunday, June 7 &amp; 21</b>	<ul style="list-style-type: none"><li>■ <b>Nourishing the Caregiver</b> Time: 12 – 12:40 PM   In person (Webinar viewing)</li></ul>
<b>Monday, June 8 &amp; 22</b>	<ul style="list-style-type: none"><li>■ <b>Sleep: Reclaiming the Caregiver’s Elusive Friend</b> Time: 2 - 3 PM   In person (Webinar viewing)</li></ul>
<b>Tuesday, June 9 &amp; 23</b>	<ul style="list-style-type: none"><li>■ <b>Caregiver Mental Health: How to Reduce Anxiety for Better Living</b> Time: 11 - 12 PM   In person (Webinar viewing)</li></ul>
<b>Wednesday June 3, 10, 17 &amp; 24</b>	<ul style="list-style-type: none"><li>■ <b>Tech Time</b>   Learn to use your device Time: 2 – 3 PM   In person</li></ul>
<b>Thursday, June 18 &amp; 25</b>	<ul style="list-style-type: none"><li>■ <b>Art Drop-in</b>   Art opportunity, no experience needed Time: 10:30 – 11:30 AM   In person</li></ul>
<b>Friday, June 5</b>	<ul style="list-style-type: none"><li>■ <b>WoodGreen</b>   Breathing Space. Peer support group facilitated by WoodGreen social workers. <b>Summer Share:</b> supporting each other with current issues. Light refreshments will be provided. Time: 10 – 11:30 AM   In person</li></ul>
<b>Saturday, June 6 &amp; 20</b>	<ul style="list-style-type: none"><li>■ <b>Preparing for the Future: Advance Care Planning for Caregivers</b> Time: 12 – 1 PM   In person (Webinar viewing)</li></ul>

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