



Powerful Tools **FOR** Caregivers

A **FREE** Six-Week Workshop for Caregivers

"After taking this class I am a **more confident caregiver!**
Having tools to resolve problems is a definite advantage in
becoming a happier, wiser, and healthier me... and a healthier us!"

DATES Wednesdays

October 2 to November 6, 2025.

TIME 10:00 a.m. to 11:30 a.m.

LOCATION Online through Zoom

Workshop link sent prior to workshop start date

Video Camera & Microphone are required

Workshop link sent prior to workshop start date

Pre-registration is required, for more information:

Call 1-866-971-5545 or register online at www.ceselfmanagement.ca