

Training, Education and Assistance for Caregiving at Home (TEACH)



The **TEACH** (Training, Education, and Assistance for Caregiving at Home) Program is a Reitman Centre caregiver program which consists of 4 weekly group sessions that are each 90 minutes long.

Learning objectives:

- Focus on common caregiving themes including; self-care, healthcare system navigation, relationship changes and future planning
- Coaches care partners in practical communication and coping skills
- Provides opportunity to share and learn from other care partners

When:

Wednesdays
January 22nd, 2020
January 29th, 2020
February 5th, 2020
February 12th, 2020

Time: 10:00 AM – 11:30 AM

Where:

Senior Persons Living Connected (SPLC)
3333 Finch Ave. East –
Seminar Room C
Scarborough, ON M1W 2R9

Cost:

FREE, registration and pre-screening is required.

Please note that all events are scent-free.

TO REGISTER:

Register online at www.alz.to or contact Remy Sookhai at 416-640-6317 or rsookhai@alz.to