

# 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**

## **TIME**

## **LOCATION**

Pre-registration is *required*, for more information:  
Call 1-866-971-5545 or visit [www.ceselfmanagement.ca](http://www.ceselfmanagement.ca)



Self-Management Program  Ontario

