



Caregivers' Support Group
Group Sharing & Relaxation Exercises
August 15, 2019 (Thu)
9:30am – 11:00am

Place: SPLC – Greek Day Program,
3333 Finch Ave East

Benefits of attending Caregiver Support Groups

1. A Great Source of Additional Resources and Useful Information
2. Emotional Support
3. Reduce Anxiety, Stress, and Social Isolation
4. Help You to Refresh
5. Improve Your Quality of Life

**Sometimes the simple realization that
you are not alone can make a huge difference.**

Older Adults, Caregivers of aging relatives are welcome!

For more information / registration:

Call (416) 493 – 3333