



# 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 register online at [www.ceselfmanagement.ca](http://www.ceselfmanagement.ca)**

