



# “Taking Care”

The Caregiver Support group meets on the last Wednesday of the month. The dates will be as follows:

## 2011

|                      |                     |
|----------------------|---------------------|
| Wednesday Jan 26th   | 10:00 am - 12:00 pm |
| Wednesday Feb 23rd   | 10:00 am - 12:00 pm |
| Wednesday March 30th | 10:00 am - 12:00 pm |
| Wednesday April 27th | 10:00 am - 12:00 pm |
| Wednesday May 25th   | 10:00 am - 12:00 pm |
| Wednesday June 29th  | 10:00 am - 12:00 pm |

## “Taking Care”

Learning to take good care of yourself while caring for someone else is the best predictor of maintaining health and quality of life for both of you. This support group will focus on the caregivers; because YOU are the critical link to successful at home care. This caregiver support group will also do what most support groups do: **have time to share concerns, learn new resources and get impartial advice.**

This group will also provide techniques on **stress management, time management, and relaxation.** We will investigate a variety of techniques to help cope with the everyday tasks including navigating the system of support. The group will also be enhanced by some guest speakers.

The group meets at the **Jarvis Public Library ~ Lundy Room**, 2 Monson St. in Jarvis. Refreshments will be served. The group meets the last Wednesday of the month from 2:00pm-4:00pm. This group is open to all caregivers and there is no fee to attend. **Please pre-register** monthly when possible by calling, **Andrea King-Dalton @ 519-426-4878** or **email:** [akingdalton@seniorsupport.ca](mailto:akingdalton@seniorsupport.ca)

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