

# Caring for the Caregiver

Are you caring for someone, but need care yourself?  
We can help!

At our Caregiver Support Group you will meet others in similar circumstances. You will take a break, develop new ways of coping with the pressures you face, and feel supported and understood. Topics include: Caregiver stress, self-care, dealing with guilt, planning for the future, grief & loss, hope & meaning.

**Tuesdays: Oct 23 to Dec 11, 2018**  
**1:30 – 4:00 p.m.**

This group is  
**confidential** and  
offered to you  
**free of charge**

**You Are Not Alone!**



To register and for more information about this or any other program or service please contact us at:



(705) 742-4258

[www.ccrcc-ptbo.com](http://www.ccrcc-ptbo.com)

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