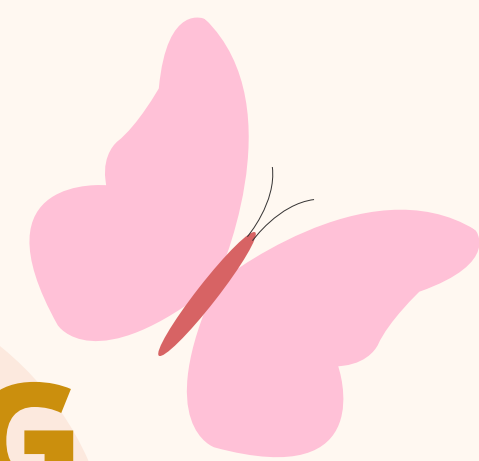
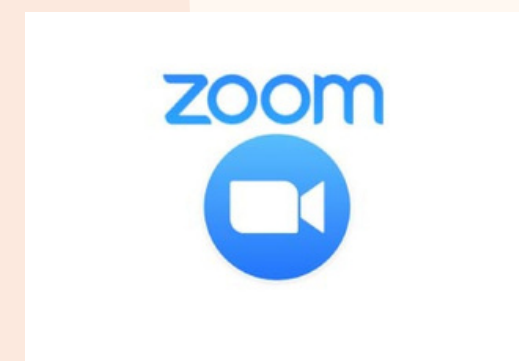


# Calling all Caregivers!



## VIRTUAL CAREGIVER WELL-BEING WORKSHOP: BUILD UP YOUR TOOLBOX!

Join us this fall on Zoom for a 4 week series of free virtual educational workshops for caregivers. Register today to learn various ways to support your mental health and help prevent caregiver burnout.



**Workshop: Tools to Optimize Stress Management**

Wednesday, October 19 2022

From 6pm to 7pm

**Workshop: Tools to Optimize Wellness**

Wednesday, October 26 2022

From 6pm to 7pm

**Workshop: Tools to Optimize Communication and Emotions**

Wednesday, November 2 2022

From 6pm to 7pm

**Workshop: Tools to Optimize Mindfulness and Sleep Hygiene**

Wednesday, November 9 2022

From 6pm to 7pm

**FOR MORE INFORMATION OR TO REGISTER FOR ANY WORKSHOP, CONTACT EMILIE LEBLANC BY CALLING (613) 737-5115 EXT. 2391 OR BY SENDING AN EMAIL TO EMILIEL@SEOCHC.ON.CA**



South-East Ottawa Community Health Centre  
Centre de santé communautaire du sud-est d'Ottawa

