

Calling all Caregivers!

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

Join us this winter 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

Thursday, March 7 2024
From 7pm to 8pm

Workshop: Tools to Optimize Wellness

Thursday, March 14 2024
From 7pm to 8pm

Workshop: Tools to Optimize Communication and Emotions

Thursday, March 21 2024
From 7pm to 8pm

Workshop: Tools to Optimize Sleep Hygiene and Mindfulness

Tuesday, March 26 2024
From 7pm to 8pm

**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**

