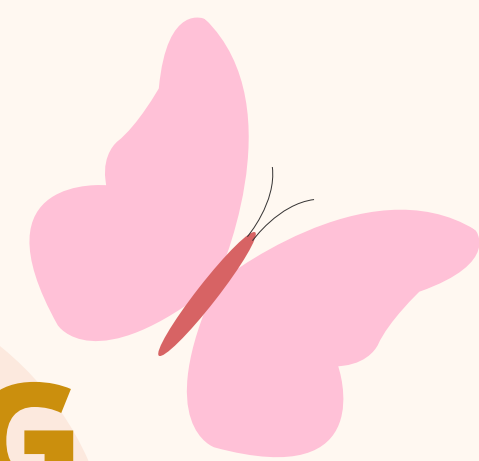
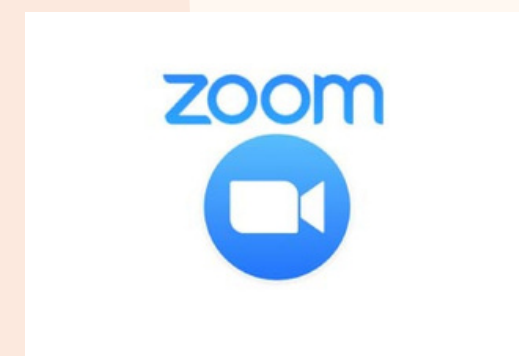


Calling all Caregivers!



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

Join us this summer 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, July 21 2022

From 6pm to 7pm

Workshop: Tools to Optimize Wellness

Thursday, July 28 2022

From 6pm to 7pm

Workshop: Tools to Optimize Communication and Emotions

Thursday, August 4 2022

From 6pm to 7pm

Workshop: Tools to Optimize Mindfulness and Sleep Hygiene

Thursday, August 11 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

