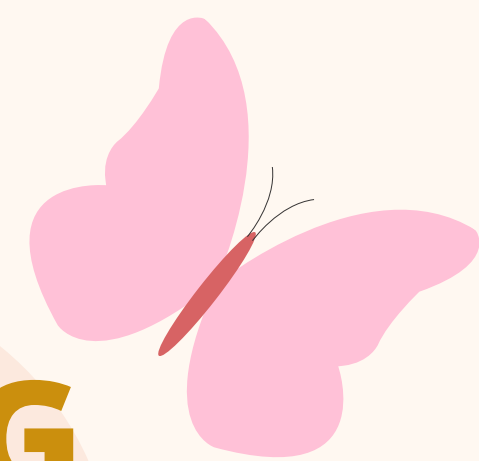


# Calling all Caregivers!



## 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, June 15 2023

From 7pm to 8pm

**Workshop: Tools to Optimize Wellness**

Thursday, June 22 2023

From 7pm to 8pm



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

Thursday, June 29 2023

From 7pm to 8pm

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

Thursday, July 6 2023

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**



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