

Care for the Caregiver

in West Carleton

The last Tuesday of every month
1 p.m. to 3 p.m.

Carp Commons Retirement Village
458 Donald B. Monro Dr.
Carp, Ont. K0A 1L0

*Are you caring for an older adult?
Are you feeling tired?
Overwhelmed?
Would you like to meet other caregivers?*

Our caregiver support group meets on a monthly basis to discuss topics that may assist you in your well-being.

For more information about the support group, including how to join, please call:
613-591-3686 ext. 299 or email us at **bignell@wocrc.ca**

Ce programme est offert en anglais seulement. Si vous souhaitez recevoir des services en français, veuillez communiquer avec le Centre de services Guigues au 613-241-1266.