

# Care for the Dementia Caregiver

The second Friday of every month

10:30 am to 12:30 pm

College Square Loblaws (Community Room)  
Ottawa, Ont. (1980 Baseline Road)

*Are you caring for an older adult suffering from  
Alzheimer's or other dementia-related illnesses?  
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 **Kailey Lewis** or  
**Tracey Willis** at **613-591-3686 ext. 312** or  
**acadp@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.*