

Care for the Caregiver

virtual 

Wednesday mornings
10 a.m. to 11 a.m.
via Zoom

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 weekly 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:

Erin

613-591-3686 ext. 299
or email **bignell@wocrc.ca**

Kailey

613-591-3686 ext. 284
or email **lewis@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.