

Care for the Caregiver

virtual



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

in-person

Last Tuesday of the month
2 p.m. to 3:30 p.m.
3865 Old Richmond Rd.
(Bells Corners)

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

Our caregiver support group meets to
discuss topics and resources 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

Heidi

613-591-3686 ext. 327
or email wiel@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.