



A free three hour workshop that will help you make a difference in your community. Come learn the skills and basic knowledge to help support and care for people in need!

Topics include: terminology, what is respite care, what is burnout and how is it manifested, values/ attitudes/boundaries, caregiver rights and responsibilities, the role and contributions of family in caregiving/caregiving at a distance, nutrition, communication with caregivers and care recipients, grieving, elder abuse, normal & abnormal aging, what the respite caregiver needs to know, and how to help - practical tips

DATE: March 20, 2025

TIME: 1:00 - 4:00 pm

LOCATION: Kanata Seniors Centre

REGISTRATION: Kanata Seniors Centre Travels Table (11 am - 1 pm)
Council Office or 613-254-7164 (9 am - 12 pm)