

# Care for the Caregiver

virtual



**Wednesday mornings**  
**10 a.m. to 11 a.m.**  
via Teams

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 someone with cognitive impairment? 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 **wieler@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.*