

Care for the Caregiver

virtual 

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

in person

Last Monday of the month
2 p.m. to 3:30p.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:

Heidi

613-591-3686 ext. 327
or email wieler@wocrc.ca

Dee

613-591-3686 ext. 315 or
email machum@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.