

Bridges Community Health Centre

Community Health and Wellness Programs

Care for the Caregiver

5-week in-person program - Port Colborne/Wainfleet site



All Bridges CHC programs are open to the entire community at no cost.

Tuesdays, January 23, 30, February 6, 13, 20
1:30-3:30pm

Are you caring for a loved one? Register for our 5-week Care for the Caregiver program to learn ways to prevent burnout and focus on self care and to strengthen competence.

To register or for more information, please call 289-479-5017 ext. 0 or email info@bridgeschc.ca