



Care for the Caregiver

Are you caring for a loved one? Are you exhausted by your caregiving role and have no time for yourself? Do you want to make the most of the time spent with the person you are caring for?

Don't set aside your own needs.

It is important to take time to care for yourself.

Don't underestimate the important role you play as a caregiver in making your loved one feel safe, comfortable, and loved! Embrace your caregiving role. During this 4-week series you will learn ways to feel more empowered and confident by learning about available resources, and how to integrate self-care into your life.

You care for them. We care for you.

Upcoming Basic Caregiver Program Sessions:

Where: Welland Public Library – Seaway Mall Branch

800 Niagara Street, Welland

When: Tuesdays, 1:30 – 3:30 pm

May 13 to June 3, 2025

Sessions are FREE & open to the public

To register, call 905-704-3660 or visit:

www.wellandmcmasterfht.com/eventcalendar.php

