

EDUCATIONAL WORKSHOP SERIES

ONLINE

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex

weCHC

Healthcare for You
Des soins de santé pour vous

Powerful Tools **FOR** Caregivers

Feeling stretched caring for a loved one?

LEARN ABOUT:

- Reducing stress
- Better communication of feelings
- Increase the ability to make tough decisions
- Taking care of themselves

- * Classes are interactive
- * **FREE** online series
- * All are welcome to attend
- * Weekly attendance is expected, sessions will not be recorded



Access using any
computer, tablet or
smartphone!

YOU ARE A CAREGIVER IF:

- Provide care for a family member or friend in their home of yours or from a distance
- Attend appointments with another person
- Assist with grocery shopping, laundry and other household chores
- Accompany others on social outings and activities

UPCOMING WORKSHOP

Online Workshop Series

Join us from the comfort of your home!

Wednesdays (6 week series)
July 14—August 18, 2021
9:30am—11:00am

TO REGISTER CALL OR CLICK:

Toll Free 1-855-259-3605

https://ptc_july14.eventbrite.ca



@weCHC_



@weCHC519

www.wechc.org