

"Highly Effective, Evidence- Based, Interactive Workshop"

POWERFUL TOOLS FOR CAREGIVERS

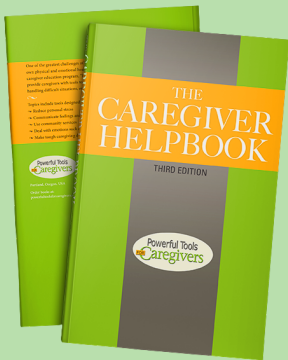
 Waterloo Wellington
Self-Management
Program

Self Management Program  Ontario

This FREE 6 week, highly interactive workshop series is designed to help caregivers develop a wealth of self-care tools. Caregivers learn self- management tools to help reduce stress, improve self-confidence and communication, find balance and increase their ability to make tough decisions.

OBJECTIVES

- *Taking care of you*
- *Identifying and reducing personal stress*
- *Communicating feelings, needs and concerns*
- *Learning from our emotions*
- *Mastering caregiver decisions*



Participants will
receive a free copy of
**"The Caregiver
Handbook"**

Tuesdays

February 2- March 9, 2021

1:00pm- 2:30pm

This program will be held virtually using an
online videoconferencing platform.
Space is limited. Registration is required.

For more information or to register
www.wwselfmanagement.ca or call 1-
866-337-3318

Powerful Tools
FOR Caregivers