



North Shore Family Caregiver Support Program presents:

Renewal & Rejuvenation: Self Care for Managing Stressful Times

Date:

Thursday

November

17th, 2011

Time: 1:00—

3:00 p.m.

Place:

Inglewood

Manor Activity

Room (1st Floor)

Registration not required.

For more information,
Call 604-913-4707
Michelle Fleming, Coor-
dinator of Social Services
mfleming
@inglewoodcarecentre.com

Learn about:

- Coping with stress, and creating balance in daily life
- Compassion Fatigue
- Your personal stress signals
- Relaxation strategies
- Self care ideas

For Caregivers providing emotional or practical assistance to a friend or family member



In collaboration with

