



CANADA

**Are you caring for a family member or friend with a long-term health condition?**

**Want to learn about:**

- Managing stressful caregiving situations?
- Staying on top of your care responsibilities?
- Tackling some of the common caregiver emotions such as guilt and anger?
- Linking with community resources? (CCAC, Adult Day Centres, Caregiver Respite)

***Come to VON Hamiltons FREE 4-Part Caregiver Education Series: “From Stress to Strength”***

<p><b>Dundas Family Health Team</b>  <b>133 King St. W. Suite 203,</b>  <b>Dundas, ON (above Shopper’s)</b>  <b>Fridays, Nov. 3, 10, 17, 24 /2018</b>  <b>9:30 – 11:30 am</b></p>	<p><b>Dundas Community Services</b>  <b>2 King Street West, Dundas, ON</b>  <b>Mondays, Jan. 15, 22, 29, Feb. 5/2018</b>  <b>10:00 am – 12 Noon</b></p>
<p><b>Shalom Village – Goldie’s Place</b>  <b>70 Macklin Street North, Hamilton</b>  <b>Thurs., Feb. 8, 15, 22, &amp; March 1/2018</b>  <b>6:30 - 8:30 pm</b></p>	<p><b>With enough notice,</b>  <b>IN-HOME RESPITE CARE</b> (a PSW comes to your home) can be arranged for your family member <b>@ \$6 /hour</b> so you can attend the workshops.</p>

**TO REGISTER or for more information contact Miriam Cahn at the VON:  
Phone: 905-523-1055 ext. 408 Email: [miriam.cahn@von.ca](mailto:miriam.cahn@von.ca)**

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