



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?
- 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>With enough notice, IN-HOME RESPITE CARE (a PSW comes to your home) can be arranged for your family member @ \$6 /hour so you can attend the workshops.</p>	<p>Dundas Community Services 2 King Street West, Dundas, ON Mondays, Jan. 15, 22, 29, Feb. 5/ 2018 10:00 am – 12:00 Noon</p>
<p>Shalom Village – Goldie’s Place 70 Macklin Street North, Hamilton Thurs., Feb. 8, 15, 22, & March 1/ 2018 6:30-8:30 pm</p>	<p>Turner Park Branch Library 352 Rymal Road East, Hamilton (bet. Upper Wellington & Upper Wentworth) Fridays, March 2, 9, 16, 23 10:00 am – 12:00 Noon</p>
<p>Wellwood House 501 Sanatorium Road, Hamilton (On Chedoke Hospital grounds) Mondays, April 9, 16, 23, 30/ 2018 1:00-3:00 pm</p>	<p>Turner Park Branch Library 352 Rymal Road East, Hamilton (bet. Upper Wellington & Upper Wentworth) Thursdays, May 3, 10, 17, 24 6:30-8:30 pm</p>

TO REGISTER or for more information contact Miriam Cahn at the VON:

Phone: 905-523-1055 ext. 408; Email: miriam.cahn@von.ca

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