



SELF-CARE For The Caregiver

**For: Caregivers in Brant, Haldimand
Norfolk, Hamilton, Halton, and Six
Nations**

Dates: Feb. 7 to June 20, 2022

Time: Mondays 12:00pm-3:00pm

No classes on Family Day (Feb. 21), March
Break (Mar. 14), Easter (Apr. 18) & Victoria
Day (May 23)

Where: Virtually via ZOOM



Do You...

- Feel overwhelmed in caring for others?
- Experience insomnia, worry, or anxiety?
- Have trouble dealing with your feelings?
- Find it hard to find time to take care of yourself?
- Have trouble asking for help and following through on it?

**ZOOM coaching is available at your
convenience**

**Late registrants accepted
until February 28, 2022**

Sessions are FREE

Required course workbook is \$55.00 plus postage if required. Subsidy is considered on an individual basis. Respite is available to those who qualify.



Please join Janet Lovegrove, a Registered Nurse, BScN, MSc, CPMHN, as she takes you through a sixteen-week educational program designed to help you learn how to take better care of you as you care for others. The three-hour weekly classes focus on self-awareness exercises, stress management, group discussion, and take-home exercises. You can learn how to develop your inner capacity to be resilient and strong regardless of your current life challenges.

For more information or if you wish to participate, please contact:

Janet Lovegrove at (519) 759-7692 ext. 425 or janet.lovegrove@alzda.ca

