



Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

SELF-CARE

For The Bereaved Caregiver

For: Bereaved Caregivers in Halton, Hamilton, Brant, Haldimand, Norfolk, & Six Nations

Dates: March 4 - June 24, 2022

Time: Fridays 9:00am-12:00pm

No class on April 15th (Good Friday)

Where: Virtually via ZOOM

ZOOM coaching is available at your convenience

Late registrants accepted until March 25, 2022



Do You...

- Feel you have unresolved grief? Possibly compounded by Covid?
- Experience insomnia, worry, anxiety, or frequent low moods?
- Have trouble dealing with your feelings?
- Find it hard to find time to take care of yourself without feeling guilty?
- Have trouble asking for help and following through on it?

Sessions are FREE

Required course workbook is \$55.00 plus postage if required. Subsidy will be provided on an as-needed basis.



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 grieve the loss of whom you cared for on their illness journey. 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 past and 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



VIOLA FODOR
LIFE PROCESS TRANSFORMATION™

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