

Self-Care For The Caregiver

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?

DATES & TIME :

Wednesdays 12:00pm - 3:00pm
January 4, 2023 to April 26, 2023

WHERE: Virtually via ZOOM

No class during March Break
on March 15, 2023



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



Please join Janet Lovegrove, a Registered Nurse, BScN, MSc, CPMHN, as she takes you through a 16-week Life Process Transformation (LPT) 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, please contact Janet Lovegrove at:

☎ **1-800-565-4615 ext. 425** ✉ **janet.lovegrove@alzda.ca**

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