## Société Alzheimer Society

BRANT, HALDIMAND NORFOLK, HAMILTON HALTON

## Self-Care For The Caregiver

Do You...

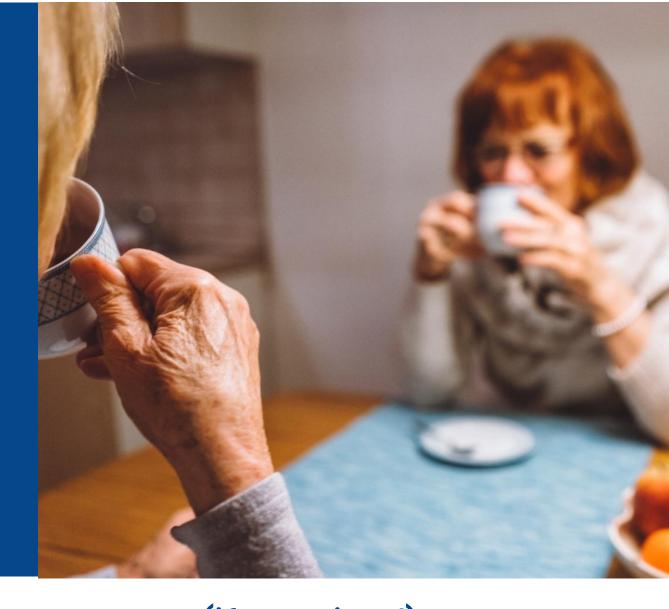
- Feel overwhelmed in caring for others?
- Experience insomnia, worry, or anxiety?
- Have trouble dealing with your feelings?
- Find it hard to find time to take care of yourself?
- Have trouble asking for help and following through on it?

## **DATES & TIME:**

To be determined for Winter 2023 Time to be determined for Winter 2023

**WHERE:** Virtually via ZOOM

Late Registrations will accepted until To Be Determined



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:





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