

Self-Care For The Bereaved Caregiver

Do You...

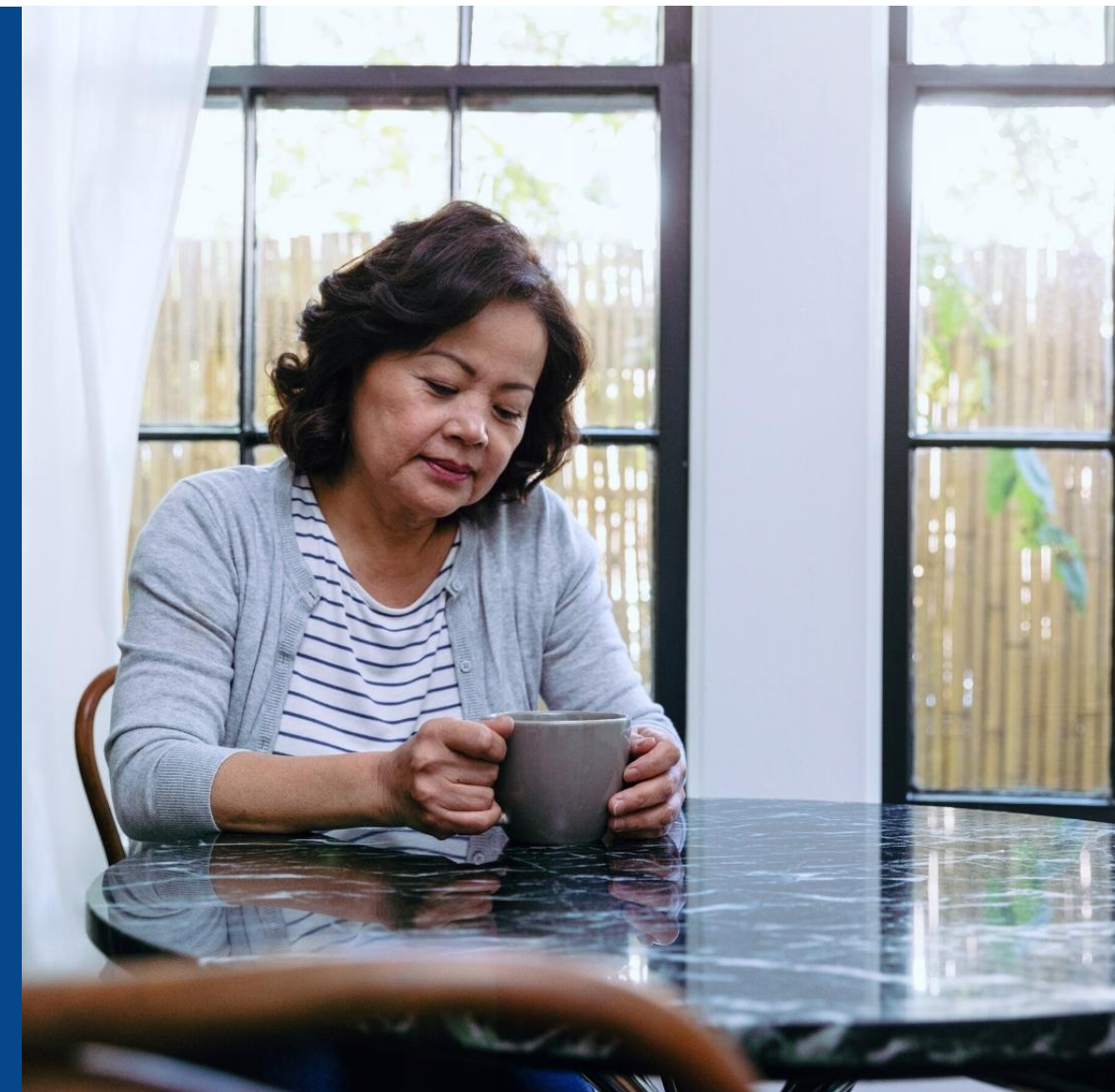
- Have unresolved grief?
- Feel lost or stuck without your caregiving role?
- Often feel guilty or constantly worried that you did not do enough for the person that you were caring for?
- Struggle to believe that you can heal from your deep pain and heartache or that healing is even possible?

DATES & TIME :

Tuesdays 12:00pm - 3:00pm
September 5, 2023 - December 19, 2023

WHERE: Virtually via ZOOM

Late Registrations will accepted
until Friday, September 30, 2023.



A free program workbook is required and will be made available once registered.
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 are grieving and transitioning from your caregiving role. 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:

☎ **1-800-565-4614 ext. 425** ✉ **janet.lovegrove@alzda.ca**

www.alzda.ca