

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
September 6, 2023 - December 20, 2023

WHERE: Virtually via ZOOM

Late Registrations will accepted
September 30, 2023



A free workbook is required and will be made available once you have registered.
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:

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

www.alzda.ca