

**FAMILY SERVICE TORONTO
SENIORS AND CAREGIVERS SUPPORT SERVICES**

CAREGIVER EDUCATION WORKSHOPS

Are you caring for, or concerned about, an elderly parent, spouse, partner or friend?

LOCATION: 128A STERLING RD., 2nd FLOOR, STE. 202

Coping with Change and Loss		Tuesday, Feb. 27, 4-6 p.m.
Caregiver Discussion Group		Tuesday, Mar. 13, Apr. 10, 4-6 p.m.
Anger and Guilt		Tuesday, Mar. 27, 4- 6 p.m.
Spirituality in Caregiving		Tuesday, Apr. 24, 4-6 p.m.

Limited parking available at this location.

LOCATION: 355 CHURCH STREET

Humour and Joy		Tuesday, May 29, 4-6 p.m.
Managing Caregiver Stress		Tuesday, June 26, 4-6 p.m.
Self-Care for the Caregiver		Tuesday, July 24, 4-6 p.m.
Caregiver Discussion Group		Every 2 nd Tuesday of the month starting May 8, 4-6 p.m.

No onsite parking available at this location.

Facilitator: Lynne Gallagher
Pre-Registration required.

Please call Family Service Toronto's Access Unit at **416.595.9618**

No fee - Donations welcome.

Family Service Toronto welcomes diversity and is committed to a policy of equity and inclusion.
www.familyserVICEToronto.org



FAMILY SERVICE TORONTO
For People. For Change.



United Way
Toronto & York Region



Ontario
Toronto Central Local Health
Integration Network