

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

MANAGING CAREGIVER FATIGUE

ADULT WORKSHOP

No cost, virtual workshop

Being a caregiver has many rewards and can be very emotionally fulfilling. However, it can also be demanding and impact mental and emotional well-being.

Join us to equip yourself with coping skills, self-care, and strategies to prevent caregiver fatigue.

TUESDAY, OCT. 19 2021

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



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