

**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.

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**MONDAY, FEB. 6 2023**

**7-8 PM**

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### **LEARN MORE AND REGISTER:**



**519-669-8651**



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