



Online Support for Caregivers

Caring for an aging family member or friend requires commitment, compassion, and time. Caregiving can be stressful at anytime, especially during COVID-19. We are here to help you maintain your health while you care for your loved one.

Join our online sessions via virtual meeting platform. Topics include self-care, setting boundaries, coping with intense emotions and other topics suggested by participants.

Session Dates and Times

- Friday, August 14, 1:00 pm
- Friday, September 11, 1:00 pm
- Friday, October 9, 1:00 pm
- Friday, November 13, 1:00 pm
- Friday, December 11, 1:00 pm

Registration and Information

Pre-registration is required. Contact Robin Rivers at rivers@familyservices.bc.ca, or 604-988-5281 ext. 354. If you are new to meeting online, let us know and we will help you get set up in advance.

Caregivers Connect is a Family Services of the North Shore program offering free support and resources for family and friends caring for older adults who live at home.

www.familyservices.bc.ca



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