



Online Support for North Shore Caregivers

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

Session Dates & Topics

Friday, January 15, 1:00 pm - Resilience

Friday, February 12, 1:00 pm - Coping With the Unexpected

Friday, March 12, 1:00 pm - Planning for the Future

Registration and Additional 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. For one-to-one support or counselling, please contact us to learn more.

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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