



## Family Services of the North Shore offers free services to seniors and caregivers who look after older family members and friends at home.

Are you a senior who is feeling isolated or living with a chronic or life-limiting illness?

We can help with:

- weekly support phone calls
- online groups
- walking companions and porch visits

Do you help look after a family member or a friend who is a senior?

We can help with:

- weekly support phone calls
- online peer support group
- walking companions and porch visits
- resources and referrals
- counselling with Registered Clinical Counsellor

Are you grieving a recent loss?

We can help with:

- online 8-week support group
- counselling with Registered Clinical Counsellor



**Healthy Aging**

by United Way At home. In community.



Family Caregivers  
of British Columbia

Contact Robin Rivers, Program Manager, at [rivers@familyservices.bc.ca](mailto:rivers@familyservices.bc.ca) or call **604-988-5281 ext. 354** for more information.

