



Free support, connection, and resources for family and friends caring for older adults.

Drop in for conversation, workshops, relaxation sessions, and counselling.

Starting in October

North Shore Neighbourhood House at
John Braithwaite Community Centre
145 West 1st Street, North Vancouver
Mondays 1:30-3:00pm

Silver Harbour Seniors Centre
144 East 22nd Street, North Vancouver
Thursdays 1:00-3:00pm

Parkgate Society
3625 Banff Court, North Vancouver
Fridays 10:30am-12:00pm

Starting in December

Capilano Community Services
1733 Lions Gate Lane, North Vancouver
1st Tuesday of the month 1:00-3:00pm



United Way
Healthy Aging



Family Caregivers
of British Columbia

For more information, contact Robin Rivers at caregiversconnect@familyservices.bc.ca
or call 604-988-5281 ext. 354

