



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



Drop-in for Inspiring Workshops

North Shore Neighbourhood House at
John Braithwaite Community Centre
145 West 1st Street, North Vancouver

- **Monday, February 28, 1:30 to 2:30 pm** - Decluttering Your Mind: Explore how to calm your mind through meditation, mindfulness and other techniques.
- **Monday, March 28, 1:30 to 2:30 pm** - Reading to Inspire: Discuss books, articles, websites and other sources that lift you up during stressful times.
- **Monday, April 25, 1:30 to 2:30 pm** - Explore the North Shore: Share favourite walks, views, neighbourhoods, and other treasures in North and West Van.
- **Monday, May 30, 1:30 to 2:30 pm** - Comfort Food: Recipes that you enjoy from family favourites to new dishes you want to try.

If you would like to know more or aren't sure if these sessions are right for you, contact Robin Rivers at **604-988-5281 ext. 354** or email caregiversconnect@familyservices.bc.ca. If you would prefer to speak to her instead of attending in person, please call.



United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island



Family Caregivers
of British Columbia

