



Free support, connection, and
resources for seniors, and family and friends
caring for seniors.



Drop-in for Inspiring Workshops at

Silver Harbour Seniors Centre

144 East 22nd Street, North Vancouver

- **Thursday, March 24, 1:00 to 2:00 pm** - Decluttering Your Mind: Explore how to calm your mind through meditation, mindfulness and other techniques.
- **Thursday, April 14, 1:00 to 2:00 pm** - Reading to Inspire: Discuss books, articles, websites and other sources that lift you up during stressful times.
- **Thursday, May 12, 1:00 to 2:00 pm** - Explore the North Shore: Share favourite walks, views, neighbourhoods, and other treasures in North and West Van.
- **Thursday, June 9, 1:00 to 2:00 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

