



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



Monthly Workshops at Capilano Community Services 1733 Lions Gate Lane, North Vancouver

- **Tuesday, May 3, 1:00 to 3:00 pm** - Drop in to connect with other caregivers in this welcoming group. Our facilitators provide emotional support, strategies to stay healthy, and resources.
- **Tuesday, June 7, 1:00 to 3:00 pm** - Decluttering Your Mind: Explore how to calm your mind through meditation, mindfulness and other techniques.
- **Tuesday, July 5, 1:00 to 3:00 pm** - Explore the North Shore: Share favourite walks, views, neighbourhoods, and other treasures in North and West Van.
- **Tuesday, August 2, 1:00 to 3:00 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.



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



Family Caregivers
of British Columbia

