 

**Family Caregivers Support Group**

**Free!   
\*Dinner \* Social gathering & support \* Caregiver training & education\***

We are hosting a support group for

caregivers of family, relatives & friends

.

* Location: **The Cedars at Beulah Gardens, Adult Day Centre**

at 3355 E. 5th Avenue

* Time: **Wednesdays** **6:00 - 7:30 pm, on Nov 1,15 and 29**
* Cost: FREE. A free dinner is also provided (3 sessions)
* Who: anyone who is a caregiver for a family member, relative or friend and would like to meet other caregivers and gain training and information on how to be a more effective caregiver

To register, contact Gloria at

**604-251-1225 or gloria@froghollow.bc.ca**

*Creating our Community Together*