 

**Family Caregivers Education Series**

**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

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Date, time and topic: **Wednesdays** **5:30 - 7:30 pm, on October 9, 23, November 6, and 20, 2019**

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| **October 9, 2019** | **Topic: Arthritis** |
| **October 23, 2019** | **Topic: Self-Care & Stress Management** |
| **November 6, 2019** | **Topic: Domestic Violence** |
| **November 20, 2019** | **Topic: Doodle workshop** |

Cost: FREE. A free dinner is also provided (4 sessions)

Who: anyone who is a caregiver for a family member, relative or friend and would like to meet other caregivers and gain information on how to be a more effective caregiver

To register, contact Lysandra at

**604-251-1225 Ext 245 or lysandra@froghollow.bc.ca**

*Creating our Community Together*