

Support for Caregivers

Are you caring for a loved-one who is seriously ill?

♥ *Caregiver support, education & workshops*

♥ *Sharing the Care*

Wrap-around support including assistance with practical tasks around the home or yard, errands & check-ins. Caregivers also benefit from support groups with discussions, speakers & wellness programming. Support is provided by a group of fully-trained and coordinated volunteers. An initial assessment is required.

♥ *Wellness Programs*

Stress management strategies & relaxation techniques through our Wellness Programs
Yoga, Meditation, Mindfulness-Based Stress Reduction, and more

A caregiver is anyone who provides unpaid care & support to an adult friend or family member who has ongoing illness or disability, is elderly or is approaching the end of their life.

REGISTRATION IS REQUIRED. All programs are offered free of charge. Donations always appreciated.

FOR INFORMATION CONTACT:

phone 905-727-6815

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