

## Compass Caregiver Workshops 2017

Do YOU help, support, or take care of • a family member • spouse, parent, or relative • high needs child • neighbour or friend with a brain injury, mental illness, addiction, or chronic illness?

If so... You ARE a Caregiver!!!

Do you help with • grocery shopping • house maintenance • personal care • medical appointments

means... You ARE a Caregiver!!!

Being the main person who checks on, and/or helps a friend, neighbour, or relative...

means... You ARE a Caregiver!!!

If any of these apply to you, please join us for our **FREE** Compass Caring for the Caregiver Workshop.

Only 8 Spots are available and you Must pre-register.

Saturday September 23<sup>rd</sup>, 2017 & Saturday, September 30<sup>th</sup>, 2017

9:00 am - 3:00 pm

Lunch will be provided. Strathmore FCSS Boardroom.

Call 403-934-9090 to reserve your Spot.