

EDUCATIONAL WORKSHOP SERIES

ONLINE

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex

weCHC

Healthcare for You
Des soins de santé pour vous

Powerful Tools FOR Caregivers

Feeling stretched caring for a loved one?

LEARN ABOUT:

- Reducing stress
- Better communication of feelings
- Increase the ability to make tough decisions
- Taking care of yourself

- * Classes are interactive
- * **FREE** online series
- * All are welcome to attend
- * Weekly attendance is expected, sessions will **not** be recorded



Access using any
computer, tablet or
smartphone!

YOU ARE A CAREGIVER IF:

- Provide care for a family member or friend in their home or from a distance
- Attend appointments with another person
- Assist with grocery shopping, laundry and other household chores
- Accompany others on social outings and activities

UPCOMING WORKSHOP

Online Workshop Series

Join us from the comfort of your home!

Fridays (6 week series)
August 18—September 22, 2023
9:30am—11:00am

TO REGISTER CLICK:

https://ptc_aug18.eventbrite.ca

Questions?

Call Toll Free 1-855-259-3605
communications@wechc.org



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www.wechc.org

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