

EDUCATIONAL WORKSHOP SERIES

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 themselves

- * Classes are interactive
- * **FREE** 6 week series
- * All are welcome to attend

YOU ARE A CAREGIVER IF:

- Provide care for a family member or friend in their home or yours 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

CONTACT US

Toll Free: 1-855-259-3605

communications@wechc.org

www.wechc.org

Workshops taking place online or in-person at location near you!

Serving the counties of Windsor-Essex,
Chatham-Kent and Sarnia-Lambton



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