



Kingston Community
Health Centres
Centres de santé
communautaire de Kingston

FREE SIX–WEEK WORKSHOP

for those caring for a family member or friend
with chronic or short-term conditions

Powerful Tools for CAREGIVERS

Are you a spouse or partner with a chronic condition, an adult child or aging parents, a parent or grandparent of a child with special needs, or a long distance caregiver?



Join us online via Zoom

Workshop topics include:

- Taking care of you
- Identifying and reducing personal stress
- Communicating feelings, needs, and concerns
- Communicating in challenging situations
- Learning from our emotions
- Mastering caregiving decisions

Register today

Online: kchc.ca/programs/regional-self-management-program/ or
Email: selfmanagement@kchc.ca



Workshop starts, Thursday Sept. 24th, 6:30-8:30

Space is limited.

