

Helping community become confident caregivers.

CAREGIVER WORKSHOPS

FREE

Are you a family Caregiver?

Join us for educational sessions aimed at enhancing your ability to assist your loved ones. Learn about the Health Care System to gain insight into its structure and improve your navigation skills. Acquire effective communication strategies to provide the best possible support to those under your care.

Let us help you help them.

REGISTER

Call 780-645-5311



**Mitêh (Heart) Starter
-Lifesaver Training**

www.heartstartertraining.ca 780-646-3166



St. Paul Regional
Family and Community
Support Services

Tuesday's Aug 6th

1PM - 3PM

**NAVIGATING THE
HEALTH CARE SYSTEM**

SENIOR CENTENNIAL CLUB
5114 - 49 ST

Aug 20th

10AM - 12pm

**EFFECTIVE COMMUNICATION:
GUIDANCE FOR THE CAREGIVER**

SENIOR CITIZENS' CENTRE
4809 - 47 ST

