

# THE CHANGING ROLE(S)

## of being a Caregiver...

Becoming a Caregiver means changes in the relationship with the person we help. There are many different ways to face those changes and each situation is unique. Discover how sharing with others can help you accept certain changes and find tools to make it easier. Take a moment to relax and learn from and with others in a similar situation. Join in as much as you feel comfortable doing. No pressure!

On March 23, 2016 from 1 :00 to 4 :00 PM

At the Rendezvous Rupert,  
26 chemin Parent, La Peche



No cost.  
Please register  
with Tamy Boucher :  
819-457-9191  
ext. 242  
sosprochesaidants@  
gmail.com