

SELF-CARE

A rest and discovery workshop for caregivers

Self-care is not selfish, it's wise. There are many different ways to take care of ourselves at the same time as another person... despite the mixed feelings. Discover how self-care can help you expand your self compassion and build your resilience. 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 November 25, 2015 from 13 :00 to 16 :00
At the Rendezvous Rupert centre
(26 chemin Parent, La Peche)

This workshop is **FREE**.
Respite and transport are
available if needed.

Please **register** before
November 20, 2015 with
Tamy Boucher :
819-457-2121 ext. 242
sosprochesaidants@gmail.com



L'APPU POUR
LES PROCHES
AIDANTS
OUTAOUAIS

Bio of the animator

Linda Vanderlee coaches individuals and teams who want to make a difference. Her inviting, creative, non-judgemental approach helps each person tap into what matters most. Through a mix of guided reflection and clarifying conversations, perspectives are broadened and new opportunities revealed. She is also the founder of Rendezvous Rupert, a multi-purpose retreat centre in the Gatineau hills.

For more information:
www.lindavanderlee.com

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