



Caregivers Discussion Group

Who should attend?

People concerned about caring for persons who are elderly, have a disability or chronic illness. You may be a relative, friend or neighbour.

What will this group provide?

- An understanding of dementia and other chronic illnesses
- Help with caregiver stress
- Assistance with future planning (includes information about long-term facilities)
- Support from others.
- Leadership by a professional social worker.



When?

Once per month on Wednesdays
5:00 – 6:30 p.m.

September 8, October 13,
November 10, December 8

Where?

Community Care East York, 840 Coxwell Ave (at Mortimer), Suite 101

**For more information or to register, please call intake at
416-422-2026**
