

Caregivers Circle Café

If you are caring for an aging loved one either near or far away, the Café offers an oasis where you can share experiences with other English-speaking caregivers. Join us to find resources, learn new things, and enjoy some refreshing and well-deserved ME time!



- Place:** The Café is usually held in Jeffery Hale Pavilion (1270 chemin Ste-Foy, Quebec, Qc G1S 2M4)
- Parking:** Free in the Jeffery Hale parking lot (we will give you a coupon)
- Time:** 10 AM unless indicated otherwise
- Refreshments:** Enjoy healthy, homemade goodies along with your choice of beverage while you relax!

2017 Caregivers Circle Café Schedule

December	Thursday, 7	Festive Art Reunion
January	Tuesday, 23	How to help the person you are caring for (understanding their needs versus yours) with Helen Walling
February	Thursday 15	Tax credits and deductions for caregivers and persons with disabilities with Canada Revenue Agency Outreach Officer
March	Tuesday, 13	Understanding Public Curatorship with Aimee Bergeron, Social Worker
April	Tuesday 17 DC	Federal Programs and Services for Seniors with France Bélanger from Service Canada

**RSVP: Jan Anderson
Community Organizer
684-JEFF (5333), ext. 1539**

If you are reluctant to attend because you cannot leave your loved one alone, please call us so we can find a way to assist you.



Centre
Wellness

This activity is made possible through funding provided by:

L'APPUI POUR LES PROCHES AIDANTS D'AINES
CAPITALE-NATIONALE

INFO-AIDANT
1 855 852-7784 LAPPUI.ORG

