

# Caring 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 Caring Circle Café Schedule

<b>May</b>	Friday, 5 <b>Starts at 1:30 pm</b>	<b>Aging Creatively with Music</b> with Andrea Creach, Professor of Music
<b>June</b>	Thursday, 8	<b>Exploring the Cost of Long-term Care</b> followed by a <b>Tour of St Brigid's Home</b> with Marie-Éve Beaudoin, Unit Manager
<b>July</b>	Thursday, 20	<b>Practicing Mindfulness</b> with Connie Dubé, Social Worker
<b>August</b>	Thursday, 10	<b>How to Protect Vulnerable Loved Ones</b> with Laurence Martineau, Notary and François Desmeules, Social Worker

**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.



This activity is made possible through funding provided by:

