

# Caregivers' 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!

## 2017-2018 Caregivers' Café Schedule

<b>December</b>	Thursday, 7	<b>Festive Art Reunion</b>
<b>January</b>	<del>Tuesday, 23</del>	<b>How to help the person you are caring for (understanding their needs versus yours)</b> with Helen Walling
<b>February</b>	Thursday, 8	
<b>February</b>	Thursday 15	<b>Tax credits and deductions for caregivers and persons with disabilities</b> with Canada Revenue Agency Outreach Officer
<b>March</b>	Tuesday, 13	<b>Understanding Public Curatorship</b> with Aimee Bergeron, Social Worker
<b>April</b>	Tuesday 17	<b>Federal Programs and Services for Seniors</b> 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.



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