

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!

2018 Caregivers' Café Schedule

May	Thursday, 17	Tour & Tea at McGreevy Manor
June	Thursday, 7	<i>Experience Art Therapy</i>
July	Thursday, 12	<i>Discover the Monastère des Augustines</i>
August	Thursday, 9	Stress Relief Using Yoga with Sule Tomkinson
Sept.	Tuesday, 18	Pillars of a Healthy Brain
October	Wednesday, 3	Learn It – Do It: Your Health Matters in collaboration with Eastern Quebec Learning Centre's Nursing Assistant Program

**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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