

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!

2018-2019 Caregivers' Café Schedule

December	Thursday, 8	Festive Gathering
January	Wednesday, 23	Community Palliative Caregiving Teleconference with Zeldá Freitas, Social Worker
February	Thursday 7	Filing a complaint is a positive action! with Ian Renaud-Lauzé, CAAPCN and Annalisa Turner, JHSB User's Ctte
March	Thursday, 7	Special Workshop for Caregivers with Helen Walling, Certified Life Coach

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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