

# 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

<b>Sept.</b>	Tuesday, 18	Pillars of a Healthy Brain
<b>Oct.</b>	Wednesday, 3 at EQLC	What You Need to Know About Advanced Medical Directives with Sarah Dougherty, lawyer with Éducaloi
<b>November</b>	Thursday, 8	Paint It session with Elsa Moreau in honor of National Caregivers' Week
<b>December</b>	Thursday, 6	Festive Caregivers' Gathering

**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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