



## How to get here

Activities for caregivers take place at community Wellness Centre in the Jeffery Hale pavilion, 1270 chemin Sainte-Foy in Québec. Parking is free only for those taking part in group activities.

By bus, you can take the #807 along chemin Sainte-Foy, or the #800 or 801 on Boulevard René-Lévesque, and then walk down Avenue Holland. Please tell us if getting to our activities is a problem for you.

**For more details, please visit [wejh.ca](http://wejh.ca) or call:**

**418-684-5333, ext. 11835**

**Big thanks to our funders:**

**L'APPUI** POUR LES PROCHES AIDANTS D'AINÉS  
CAPITALE-NATIONALE

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INFO-AÏDANT  
1 855 852-7784 [LAPPUI.ORG](http://LAPPUI.ORG)

## A Community of Care

The community Wellness Centre in the Jeffery Hale pavilion promotes the well-being of English speakers living in the Quebec City region:

- Caregivers' Circle
- Family Matters
- WE Belong Special Needs
- Well 50+
- WE Volunteer

Jeffery Hale Pavilion  
1270, chemin Sainte-Foy  
Québec QC G1S 2M4

[wejh.ca](http://wejh.ca)



» **One number: 418-684-5333**  
1-888-984-5333 toll-free

Jeffery Hale – Saint Brigid's is there for you! Bilingual health and social services:

- Lab tests
- Senior care
- Community services
  - CLSC-type services in English
  - Requests for Saint Brigid's Home
  - Help with access to services in English



Jeffery Hale Hospital  
1250, chemin Sainte-Foy  
Québec QC G1S 2M6

[jhsb.ca](http://jhsb.ca)



## Caregivers' Circle



**Activities for caregivers who are helping aging family members or friends**





## Who is a caregiver?

If you are an English-speaking caregiver living in the Greater Quebec City region, the community Wellness Centre at Jeffery Hale has activities to support you.

Caregivers are people who provide care to family members or friends, whether they be near or far. Perhaps you prepare meals for your loved one, drive them to the doctor, make sure they take their medication, help with finances, or simply do some listening.

The role of caregiver can be both rewarding and challenging. Not many people are ready for it; it can creep up slowly or happen suddenly and you can easily get overwhelmed. Equip yourself with mutual support, knowledge, strategies, and resources.

If you hesitate to take part in caregiver's activities because you cannot leave your loved one alone, please contact us so we can find a way to support you.

## Caregivers' Café

The Caregivers' Café is an oasis for caregivers through a series of regular events. This is a chance for caregivers to meet one another and share experiences, find resources, learn new things, and recharge your batteries.

Guest speakers on a variety of helpful topics provide insights to help you overcome daily challenges. Come unwind with us and enjoy a healthy homemade snack.

## Caregivers' Concierge

Claire Quenville, our Well 50+ and Caregivers' program coordinator, can provide you with one-on-one guidance and support by phone or email: 418-571-1850, [cquenville@jhparkers.net](mailto:cquenville@jhparkers.net)

## A Road Map to Your Caregiving Journey

Pick up your copy of this handy guide for caregivers with local resources to help seniors at home, housing, respite services, legal advice, and much more. Also available to download at [wejh.ca/programs/caregivers-circle](http://wejh.ca/programs/caregivers-circle)

## ME Time Art Therapy

Treat yourself to some ME time while taking part in small group sessions with a certified art therapist. No artistic talent is needed! This free activity can help you explore your feelings while enjoying the life-affirming pleasures of creating art.

To enroll in Art Therapy, or for more information about any of these activities, please call our Caregivers' Concierge.

## Lending Library

Check out our caregivers' lending library with English books and videos that you can borrow free-of-charge.

## Well 50+ & Caregivers E-letter

Our e-newsletter Well 50+ & Caregivers helps connect, inform and support older adults (over 50) AND their caregivers, wherever they may live.

This monthly publication highlights provides information about helpful services and activities to promote