



Powerful Tools FOR Caregivers

A **FREE** Six-Week Workshop for Caregivers

"After taking this class I am a **more confident caregiver!**
Having tools to resolve problems is a definite advantage in
becoming a happier, wiser, and healthier me... and a healthier us!"

DATES

TIME

LOCATION

Pre-registration is **required**, for more information:
Please call East GTA Family Health Team 647-693-7401 to register



Self-Management Program  Ontario

