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Caring For A Loved One With Dementia.

Managing Caregiver Stress

**Dec 8, 2015
7:30 to 9 PM**

You will learn about:

- Different types of stress
- Coping strategies to deal with stress
- The importance of self care for the caregiver
- Supportive services

Free seminar online or over the phone.

Register at www.thecaregivernetwork.ca/vha or call

1-866-396-2433

Space is limited

**Facilitator: Amanda Schmukler, Social Worker Manager,
Alzheimer Society of Toronto**

For more information, contact Malak Sidky at **416-459-0266**
or email at: msidky@rogers.com