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Help with Hoarding

Help! My Family Member Hoards

This presentation will help you to:

- Understand your emotional trigger and limits
- Set realistic goals
- Effectively respond to resistance
- Create a plan that reduces harm
- Tap into community resources

Speakers: Alda Melo, Occupational Therapist and Trudy Huet, Certified Counsellor, Toronto Hoarding Support Services Network Facilitator, VHA Home HealthCare

**Thursday June 16, 2016
7:00 p.m. to 8:30 p.m.**

Register at www.thecaregivernetwork.ca/vha

or call 1-866-396-2433

Space is limited, so register now!

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