

**FREE WORKSHOPS
FOR FRIEND & FAMILY
CAREGIVERS:**

**Vancouver
CoastalHealth**
Promoting wellness. Ensuring care.



Coping with On-going Loss & Grief

This free workshop looks at common relationship changes family caregivers experience while caregiving and how these changes and transitions impact loss and grief. This session will be an opportunity to connect with your sources of hope and strength, and learn ways to take care of yourself during challenging times. Open to individuals providing unpaid care or support to an adult friend or family member.

When: Saturday, October 5, 2013
Time: 10 am – 12:30 pm
Where: Raven Song Community Health Centre
2450 Ontario Street, Vancouver

PRE-REGISTRATION REQUIRED!

604-709-6437

caregiversupport@vch.ca

Speakers: Carolyn Main and Kathy Schretlen, experienced group facilitators with the Lower Mainland Grief Recovery Society. Kathy has been supporting people in their grief for 15 years, and Carolyn has a background in both teaching and counselling related to bereavement. Carolyn and Kathy believe in the value of community education around loss and bereavement.

Hosted by the Vancouver Coastal Health Caregiver Support Program
Website: <http://caregivers.vch.ca>