

# CAREGIVER WORKSHOP

Caregiver Information and Support



"Easing the Stress" of Caregivers

**DATE:** Friday, March 23, 2018 **TIME:** 10:00 am – 3:00 pm  
**LOCATION:** Emmanuel Baptist Church – 1636 Acadia Drive

**Morning Presenter: 10:00 am**

"Practical tools for easing the stress of caregivers"

Tanis Walmsley Social Worker Community Services, SHR

**Lunch: 12:00pm – 1:00pm**

**Afternoon Presenters:**

Mindful Exercises with Dave Wake, Canadian Mental Health Association

Stress: Problem Solving Approach with Anshu Gupta, Live Well - SHA

Music Therapy with Wes Froese

Stress Relieving Exercises with Kimberley Willison, Forever in...motion

Facilitated discussion groups



**COST: \$20 (LUNCH INCLUDED) TO REGISTER CALL SCOA AT 306-652-2255**

[WWW.SASKATOONCAREGIVER.CA](http://WWW.SASKATOONCAREGIVER.CA)

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