

COMPASS for the Caregiver



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Caregivers Alberta's award-winning COMPASS for the Caregiver program helps caregivers balance their own well-being with the challenges of caregiving.

This series of the COMPASS program is proudly sponsored by us at the **Vulcan Hospital.**

Details:

September 16: 10:00am - 12:30pm
September 23: 10:00am - 12:30pm
October 7: 10:00am - 12:30pm
October 14: 1:00pm - 3:00pm

Topics:

Week 1: Being a Caregiver
Week 2: Managing Your Stress
Week 3: Balancing Relationships
Week 4: Navigating the Journey

Register with Amanda at:

403-485-4011

link.act4health@gmail.com



Are you a caregiver?

**YES, if you do even
one of the following:**

- Attend medical appointments with a loved one
- Prepare meals for a family member or friend
- Help with finances or personal/medical care
- Provide transportation or home-living support



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