

# CHATS & The Newmarket Library present: The Powerful Tools for Caregivers Workshop



## Weekly Meetings

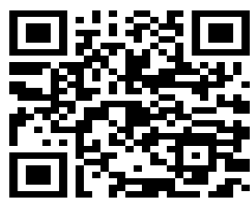
Tuesdays

September 12, 19, 26

October 3, 10, 17, 2023

1:30pm – 3:00pm

Please register to  
receive the  
Zoom link.



We invite you to join us for a **FREE** six-week workshop for caregivers.

### Topics Include:

- Develop a self-care “Tool Box.”
- Identifying and reducing personal stress.
- Communicating feelings, needs and concerns.
- Dealing with emotions such as anger, guilt, and depression.
- Mastering caregiving decisions.

To register, please go to

<https://forms.microsoft.com/r/mBqHLD5tus>

For more information contact: the Newmarket Library,  
Community Engagement at 905-953-5110 X 4860 or email

Paula Duncan: [pduncan@chats.on.ca](mailto:pduncan@chats.on.ca)



Community & Home  
Assistance to Seniors

### CHATS Head Office

240 Edward Street, Suite 1,  
Aurora, ON L4G 3S9

Charitable Registration Number: 13209 0978 RR0001

T 905.713.6596

TF 1.877.452.4287

[www.chats.on.ca](http://www.chats.on.ca)