

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



Weekly Meetings

Thursdays

September 14, 21, 28

October 5, 12, 19, 2023

7:00pm – 8:30pm

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/q3TxEW47BU>

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

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