



Powerful Tools for Caregivers

Face the
Challenges of
Caregiving with
the Right Tools

ONLINE

Thursdays: 10-11:30 a.m.
September 17 - October 22



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Face the challenges of caregiving with the right tools! In just six weeks, you will develop self-care tools to keep you well while you take on what can feel like an overwhelming role. Action-planning and solution-seeking throughout helps you apply new tools. Workshops focus on either caring for an adult or child.