



# Caregivers Education and Support Program

This program is designed for un-paid caregivers who provide care and support for older adults (55 plus) at home, in the community or in a care facility in Richmond.

The 5, once-a-week education and support sessions  
will begin  
Monday, February 6, 2012



**Topics:** Stress management, navigating the health care system, communication, problem solving and much more

**Dates:** Mondays; February 6, 13, 20, 27 and March 5

**Time:** 1:00 pm to 3:00 pm

**Location:** Courtyard Gardens, 7051 Moffatt Road in the Dogwood Room

**Fee:** No cost, funding provided by United Way of the Lower Mainland

**Parking:** Free parking

**Register:** Phone: 604-279-7020  
Email: [info@volunteerrichmond.ca](mailto:info@volunteerrichmond.ca)



**Register early to avoid disappointment**



**Volunteer  
Richmond**

Information  
Services



**United Way**  
of the Lower Mainland  
Community Partner

190 - 7000 Minoru Blvd. Richmond, BC V6Y 3Z5

Tel: 604-279-7020 Fax: 604-279-7038

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