

Let's Talk About...

CARE FOR THE CAREGIVER

With Michelle James,

Social Services Worker and Mental Health Advocate

An evening dedicated to those who care of others. Whether you are responsible for aging parents, or caring for loved ones with physical, mental or developmental challenges, you know how hard it is to take care of yourself first. This night is all about you! Learn why it's ok to feel all those difficult feelings; discuss what the real priorities are; and share stories and self-care tips people who understand what you are going through.

Date: Monday, January 13th

Time: 7:00-9:00pm

Location: Garnet B Rickard Complex

2440 Hwy 2, Unit 1

This event is  **free!**

If you are interested in attending this event please contact
Melissa McCreadie
at: 905-623-1583
or email: mmccreadie@communitycaredurham.on.ca