



**The Good Companions
Seniors' Centre**
Supporting a Vibrant Community

You are all invited to the workshop:

Neighbours Helping Neighbours



Presented by Shelagh Tuddenham, from

National Association
of Federal Retirees

Association nationale
des retraités fédéraux

Wednesday October 24th 2018

Free OC Transpo rides for seniors on Wednesdays

9am — 3pm

The Good Companions

Please join us for this dynamic presentation.

This workshop was developed by the Victorian Order of Nurses (VON) in 2003.

The objective is to provide individuals with enough basic information so that they feel comfortable volunteering to offer respite care to primary caregivers.

Burnout is a consequence of providing care to someone who is ill or aging. The VON wanted a way of giving primary caregivers a temporary break at no cost to the caregiver or the care recipient.

With the cutbacks to funding and community services, volunteering has become so much more important.

Come and learn ways to help someone in your community.

Members and non-members are welcome and encouraged to attend.

Registration is required.

Register in person or call Front Reception to reserve your spot.

Please note and respect that our centre is scent free.

Bring your lunch or buy it from our kitchen.

The Good Companions - 670 Albert St.

For more information or to register, please call 613-236-0428 or stop by our Front Reception.

Parking available (\$2.50/Day).

OC Transpo routes: 8, 16, 41, 85, 86, 87, 91, 92, 94, 95, 96, 97, 98, 99.