



Alan P. Sentance Educational Lecture Series:

Caregiver

Contingency Planning & Emergencies



Presented by Roxanne Dion-Boudreau
Thursday, August 10 2023
10—11am

Room 019 & Via Zoom

Caregivers provide an average of 11-30 hours of care per week, supporting a family member, spouse, friend or neighbour. The physical and emotional support provided by caregivers is crucial to the health and wellbeing of their care recipient. So, what happens when the caregiver needs support? With burnout at an all time high, caregivers need their own support networks and a contingency plan for the person they care for. In this session, participants will learn how to build a contingency plan and learn strategies for implementation

This is a free presentation. All in the community are welcome and encouraged to attend.

You can attend in person, via Zoom or phone.
Call 613-236-0428 or e-mail info@thegoodcompanions.ca to register and receive the information to connect remotely

The Good Companions - 670 Albert St.
613-236-0428
info@thegoodcompanions.ca
www.thegoodcompanions.ca