



Alan P. Sentance Educational Lecture Series: **Working Caregivers Balancing Work & Care**



Presented by Roxanne Dion-Boudreau

Thursday, July 13 2023

6—7 pm

Via Zoom

There are 4 million Ontarians providing care to family members and friends facing health concerns. We know many may also be caring for a family member or friend outside of work, which can sometimes lead to challenges as you strive to meet the demands of both commitments.

In this session, participants will learn more on the caregiving experience; explore the best strategies for balancing work and caregiving; gain access to resources focused on their needs.

This a free online presentation via Zoom with an option to connect over the phone. All in the community are welcome and encouraged to attend.

Call 613-236-0428 or
e-mail info@thegoodcompanions.ca to register

The Good Companions - 670 Albert St.
613-236-0428

info@thegoodcompanions.ca
www.thegoodcompanions.ca