



# Alan P. Sentance Educational Lecture Series: **Caregiver 101**



Presented by Roxanne Dion-Boudreau

**Thursday, June 8 2023**

**10—11:30 am**

**Room 019 & Via Zoom**

This presentation is designed for people who are new to caregiving for a family member or friend. It centers around the emotional impact of caring, potential challenges that may arise, and identifying sources of support along the journey. The Ontario Caregiver Organization provides resources to support caregivers at any step of the caregiving experience. In this presentation, caregivers learn about: the various roles that caregivers have; the emotional impact of caregiving, and what to expect; when to ask for support and how to promote resilience; Information and resources about where to find support.

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](mailto:info@thegoodcompanions.ca) to register

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