

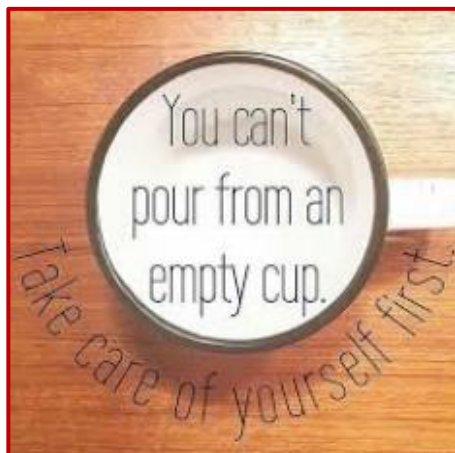


MIND FORWARD EDUCATIONAL AND SKILLS TRAINING WORKSHOP

Self Care for the Caregiver: How to Look After YOU!!!

SPEAKER: Sandi Robinson – MSW, RSW, Community Educator with the Mississauga Local Health Integrated Network (LHIN) – Regional Learning Center (RLC)

The life of a Caregiver can be quite challenging, often juggling a multitude of demands made on your time, both inside and outside of the home. This Workshop will provide participants with information on how to find time for yourself. Join us to learn valuable tips for self-care and how to live optimally as a Caregiver.



Wednesday, October 10th, 2018

7:00 pm to 8:30 pm

Workshop Location: Mississauga (Head Office) – 176 Robert Speck Parkway, Mississauga

All Mind Forward Educational and Skills Training Workshops are open to individuals with an acquired brain injury, their family, friends and caregivers, Mind Forward staff, community partners/ staff, and interested members of the public. The goal of these workshops is to promote; awareness, education, information, and facilitate and encourage peer support.

All events are FREE and refreshments will be provided. Please contact Ruth.Spencer@mindforward.org, Dorothy.Heidbuurt@mindforward.org; or Natasha.Dsouza@mindforward.org if you require any additional information.



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Winner of the 2010 OBIA Corporate Fellowship Award

