



Supporting an aging loved one

Workshop for caregivers & family

A Zoom workshop for anyone in central Alberta with an aging loved one going through changes, such as struggling with their mental health, moving into care facilities, or requiring more support.

- Learn about mental health, and the changes & challenges seniors face
- Understand the stages of change to better understand how to support your loved one
- Increase your knowledge of the resources and supports available for you and your loved one

➤ April 13, 2022 from 12:00 – 1:00 pm
April 27 from 6:30 – 7:30 pm

Email: christine.laval@ahs.ca to register