

PICKERING CAREGIVER SUPPORT GROUP

LEARN TIPS TO AVOID CAREGIVER BURNOUT

Upcoming Sessions: May 9, June 13 & July 11 from 10am - Noon
Join Us: Every 2nd Thursday from 10am - Noon

Location: Pickering Public Library - 1 Esplanade, Pickering, On L1V 6K7

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Welcome to the Caregiver Support Group for the City of Pickering, facilitated by Livewell Pathway Healthcare Services in partnership with Pickering Public Library.

Learn about available resources, coping strategies as well as support other caregivers.



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