

Caregiver Burnout

This event is available at no cost for **family caregivers**

Learning Objectives

- Participants will learn more about burnout, self-care, and anticipatory grief
- Discussion on self-care for the caregiver and how to cope with grief when caring for someone with dementia

Monday November 11th, 2019

6:30-8:00 pm

Guest Speaker: *Alzheimer Society (Peel)*

Please note that this session is not intended for the individual with Alzheimer's disease or a related dementia but for their Caregiver(s)

For more information or to register please contact:

The Central Brampton Family Health Team

905.456.7111 ext 3

Location of Event

Central Brampton
Family Health Team

60 Gillingham Drive,
Suite 200

Brampton, ON

L6X 0Z9

- Free Community Education event
- No referral necessary to register
- Event facilitated by Peel Alzheimer Society Educator