

# 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 February 24<sup>th</sup>, 2020***

**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