



# Family Caregivers Support Group

## Free!

**\*Dinner \* Social gathering & support \* Caregiver training & education\***

We are hosting a support group for caregivers of family, relatives & friends

- Location: **The Cedars at Beulah Gardens, Adult Day Centre** at 3355 E. 5th Avenue
- Time: **Wednesdays 6:00 - 7:30 pm, on Nov 1, 15 and 29**
- Cost: FREE. A free dinner is also provided (3 sessions)
- Who: anyone who is a caregiver for a family member, relative or friend and would like to meet other caregivers and gain training and information on how to be a more effective caregiver

To register, contact Gloria at  
**604-251-1225 or [gloria@froghollow.bc.ca](mailto:gloria@froghollow.bc.ca)**

*Creating our Community Together*

