



Men's Caregiver Support Group

Male Caregivers account for more than 40% of Informal Care Providers

Monthly Support Group
1st Thursday of the Month
Beginning June 2nd, 2016
9:30 – 10:30 am

Seasons Retirement, Theatre Room

TOPICS TO BE COVERED:

- ▶ How to navigate the system
- ▶ Home safety
- ▶ How to take care of yourself
- ▶ Available resources
- ▶ Easy cleaning ideas
- ▶ And much more!

No charge to attend Pre-registration required
Refreshments provided

For more information contact VON Grey-Bruce
Jessica Slater-Hamilton 519-371-5331 x222



Because Men Care Too...