

How Expressing and Experiencing Emotions can Improve Seniors' and Caregivers' Self-care

Free Program for Seniors and Their Family And Friend Caregivers

In-Person Workshop



What are common mistakes that lead to unnecessary suffering ?

What are best practices of self-care?

What are useful strategies to improve our mental health?

WHEN: Tuesday, June 28th, 3:00-4:30 pm

WHERE: 2055 Rosser Avenue, Burnaby

SPEAKER: Nadine Jans Registered Clinical Counsellor

To Registration Contact :

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United Way
British Columbia

Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island