

Are you caring for an adult 55+? Are you feeling overwhelmed?

Connect with other caregivers today.

Share your concerns, find balance and receive emotional support.



Family Caregivers Journey Series

**Please join us for a workshop about, “Walking the Caregiver Path.”
lunch and selfcare activity after**

Thursday, December 14

At Burnaby Neighbourhood
House, 4460 Beresford St

10:30 Coffee and Tea

11:00 Presentation

12:30 Lunch

1:00 - 2:00 Selfcare Activity

**To register or for more
info contact:**

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United Way
British Columbia

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



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səlilwətaɣ̓), Kwikwetlem (kʷikwə́ləm), Squamish (Sk̓w̓x̓w̓ú7mesh ʰxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.