

**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

**Join us for lunch and a presentation on “Grief and Loss” by the  
Burnaby Hospice Society**

**Thursday, January 11th**

**South Burnaby Neighbourhood House  
(4460 Beresford St)**

10:30 Coffee and Tea

11:00 Presentation

12:30 Lunch

1:00 Create your own journal cover!

**To register or for more  
information, 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-Waututh (səlilwətaɣ̓), Kwikwetlem (kwikwə́ləm), Squamish (Skwxwú7mesh úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.