

# Caregiver Journey Lunch

## Understanding Communication!



**Thursday, April 18th**  
**10:30 AM to 2:00 PM**  
**South House**  
**4460 Beresford St**  
**Banquet Hall 1**

**Join us for a session where  
we'll share valuable tips on  
how to communicate  
effectively in collaboration  
with the Alzheimer's Society**

**Speaker : Sabrina Manhas**  
**Activity: Chair Yoga**

To register, contact Leila:



**Seniorpeercaregiver@burnabynh.ca**



**604-375-5778**

Burnaby's Caregiver Support Program  
is funded by the Government of BC  
and managed by the  
United Way of BC



**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 Tseil-Wauthuth (səlilwətaʔt), Kwikwetlem (kwikwəłəm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

