

# Are you a Caregiver ?

## Join us for Caregiver Educational Program with Lunch and Self-care Activity



**Thursday, June 20th**  
**10:30 AM to 2:00 PM**  
**South House**  
**4460 Beresford St**  
**Banquet A-Third Floor**  
**Fee: Free**

Educational Session :  
"Introduction of Seniors First BC"  
and  
Self-care activity with Lorena:  
"My Success Starts with Me"

To register, contact Leila:

 [Seniorpeercaregiver@burnabynh.ca](mailto: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



**seniors first 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 Tsleil-Wauthuth (səlilwətaʔt), Kwikwetlem (kʷikwəʔləm), Squamish (Sḵwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

