

Caregiver Lunch

“Staying Connected” Workshop



Thursday, July 4th
12:30 to 3PM
Brentwood House
2055 Rosser Ave
Fee: Free for caregivers

Attend our free presentation about “Staying connected” and building strong bonds in community!

Host: Linda Yauk from Seniors First BC- 1PM
Activity: Zentangle by Judy (certified Teacher)2PM
ZENTANGLE is a structured procedure of relaxation by drawing patterns. NO artistic talent needed for this. If you can hold a pencil you will benefit from this class.

Contact Leila to register:

 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

Seniors First BC is a charitable, non-profit society that provides information, advocacy, and support to seniors across BC who are dealing with issues affecting their well-being.



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 (səlilwətaʔ), Kwikwetlem (kʷikwəɬəm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.