

Caregiver Journey Lunch

"Dealing with Stress" Presentation



Thursday, October 17th
10:30 AM to 1:30 PM
South House
4460 Beresford St
Banquet Room 1-Third
Floor

Free: For unpaid Caregivers
To register, contact Leila :

 seniorpeercaregiver@burnabynh.ca
 **604-375-5778**

"Discover practical strategies for managing stress in our workshop—learn how to prioritize your well-being while supporting others!"

Host : Jerry from SHWI(11:00 AM)
Lunch: 12:15 PM

Activity: Acrylic Painting by Chiao

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



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 (kwikwəʔəm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.