

CHINESE
CAREGIVER
SUPPORT
GROUP

華語照顧者
支持小組



United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island



BRITISH
COLUMBIA
Supported by the Province of British Columbia

THE BURNABY CAREGIVER SUPPORT PROGRAM IS FUNDED BY THE
GOVERNMENT OF BC AND MANAGED BY UNITED WAY OF BC

From Stressed to Supported: A Workshop for Family Caregivers 從壓力中走出來：家庭照顧者支持工作坊



English & Chinese 中英雙語

Time 時間：

July 16, 2025

2:00--3:30pm

2025年7月16日下午

Venue 地點：

**2055 Rosser Avenue,
Burnaby**

**Understanding Stress
瞭解壓力**

Know the source, hear your voice
認清壓力來源，聆聽內心聲音

**Facing stress
正視壓力**

Let stress be seen, let emotions out
壓力不隱藏，情緒有出口

**Managing Stress
應對壓力**

Find the way, reclaim your strength
找到方法，活出力量

**For registration, please
email or call Dali 注册請致電：
daliq@burnabynh.ca
(236) 877-2616**

本那比鄰舍
www.burnabynh.ca



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kʷikwəʔləm), Squamish (Sḵw̓xwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.