

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 (kʷikwəɬəm), Squamish (Sḵwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.

CHINESE  
CAREGIVER  
SUPPORT  
GROUP

華語照顧者  
支持小組

## SOOTHE & STITCH: HEALING SCENTS FOR CAREGIVERS

Experience the calming power of  
traditional herbs and self-care

中藥香氣，撫慰身心：中藥香包製作工坊

為照顧者打造一段舒壓與自我療愈的時光

**Time 時間: July 18, 2025**

**3:30--5:30pm**

**2025年7月18日下午**

**Venue 地點:**

**BNH South House, 3<sup>rd</sup> Floor  
4460 Beresford Street**

Free event / Materials and light  
refreshments provided

All unpaid caregivers welcome

免費活動/提供香包材料和簡單茶點

歡迎所有無償照顧者參加



**REGISTRATION 報名:**



236-877-2616 Dali



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**United Way**  
British Columbia

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

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