

Free Course

WELCOME NATURAL CAREGIVERS!

Are YOU a caregiver? Or maybe YOU are becoming a caregiver?



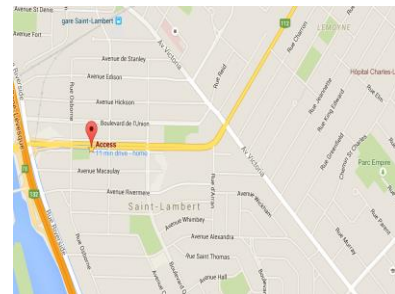
More and more of our community members are taking care of a family member, a friend, or a neighbor. The role of a natural caregiver is often challenging and complex; but this unpaid role is extremely valuable and has a real **physical, emotional** and **social** impact for you and the *person you are helping*.

This 18-hour *Natural Caregiver Course* is a community-driven course designed to support and educate those who are either providing care to a loved one or for those who are embarking on that journey.

This is a 6-week course given Wednesday evenings from 6:30pm – 9:30 pm *starting* October 14 at ACCESS Adult Education & Career Training Center, 163 Cleghorn Street, St. Lambert.

This *Natural Caregiver Course* is taught by qualified professionals and community experts in a friendly and modern classroom environment and will provide caregivers (or those who will become caregivers) the necessary tools, skills, techniques, and strategies when caring for a child, adolescent, adult, or elderly.

- STARTS:** October 14, 2015
- ENDS:** November 18, 2015
- WHEN:** Wednesdays 6:30 PM – 9:30 PM
- WHERE:** 163 Cleghorn, Saint-Lambert



For more information or to register, *please call or visit ACCESS at 450-676-1843 ext. 5044 or 163 Cleghorn Street, Saint-Lambert QC or www.access.rsb.qc.ca*

Space is limited.

Register by September 14, 2015

This caregiver course is dedicated to all those who work tirelessly to ensure their loved ones can remain in their homes for as long as possible. This course is given at no-charge thanks to community collaboration and in partnership with:

