Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

Recognizing and Reducing Caregiver Stress



This education session helps caregivers to recognize the signs of stress and offers tips and strategies for reducing stress.

Who should attend: Care partners, family, and friends supporting persons living with dementia.

Date and Time:

Monday, April 19, 2027
1:00 pm - 2:30 pm

Location:

Apsley
(exact location provided upon registration)

Registration is required for this program.

If you would like to know if this education workshop is a good fit for your learning, or are interested in registering, please contact your Alzheimer Society Counsellor at the Alzheimer Society. If you are connecting with the Alzheimer Society for the first time, please contact our Intake Coordinator at (705) 748-5131 or 1-800-561-2588, ext. 235.

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