

NSCR Caregiver Support Program Updates



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Dear Caregiver Professionals,



We wanted to share the online caregiver events we have scheduled for March

MARCH EVENTS

TUES, MARCH 02

CAREGIVER YOGA ON ZOOM
(DROP-IN EVERY TUESDAY
UNTIL MARCH 31)
TIME: 11:30-12:30PM

ONLINE CAREGIVER MEETING
(DROP-IN)
TIME: 6:30-8:30PM

WED, MARCH 10

THE CAREGIVER
WORKSHOP ON ZOOM-
PART 1
(REGISTRATION REQUIRED)
TIME: 5:30-8:30PM

TO REGISTER CONTACT:
MELISA WADE
MELISSA.WADE@NSCR.CA

THURS, MARCH 11

THE CAREGIVER
WORKSHOP ON ZOOM-
PART 2 (REGISTRATION
REQUIRED)
TIME: 5:30-8:30PM

TO REGISTER CONTACT:
MELISA WADE
MELISSA.WADE@NSCR.CA

WED, MARCH 17

ONLINE CAREGIVER
MEETING (DROP-IN)
TIME:10:30-12:30PM

THURS MARCH 04

MEN'S GROUP ON ZOOM
(REGISTRATION REQUIRED)
TIME: 1:00-3:00PM

PLEASE CONTACT PAT
DEAN TO REGISTER:
P.DEAN123@HOTMAIL.COM

MON, MARCH 15

PERSIAN CAREGIVER
MEETING ON ZOOM
(DROP-IN)
TIME: 4:00-6:00PM

MON, MARCH 29

GRIEF AND LOSS
WORKSHOP ON ZOOM
PRESENTED BY THE LOWER
MAINLAND GRIEF SOCIETY
(REGISTRATION REQUIRED)
TIME: 2:00-3:00PM

TO REGISTER CONTACT:
MELISA WADE
MELISSA.WADE@NSCR.CA

Event Descriptions

Caregiver Yoga

A gentle chair yoga class where caregivers also learn meditation and breathing techniques for relaxation.

The Caregiver Workshop

This 2-day workshop will be facilitated by Clinical Counsellor, Chantal Bourke. She will discuss and coach skills development in emotion coaching, behaviour coaching and how caregivers can manage their own activation and emotional lives with those they are caring for.

Grief and Loss Workshop

The Caregiver Support Program will be hosting a workshop on grief and loss with the Lower Mainland Grief Recovery Society (LMGRS). The LMGRS is dedicated and passionate about offering education to those who would like to be more skilled in helping themselves or others with grief and loss. Their programs are designed for those who have suffered the death of a significant person by helping them understand, cope and live with their loss. However, this workshop will also cover other types of grief and loss, including anticipatory grief.

Online Caregiver Meeting

Our Online Caregiver Meeting offers caregivers a space to connect with other caregivers and receive practical and emotional support. Each week, we also discuss an important topic related to caregiving and engage in group activities.

Persian Caregiver Meeting

The Persian Caregiver Meetings offers caregivers health and wellness education, music, poetry, exercise and more!

Men's Group

North Shore Community Resources (NSCR) is now offering a support group specifically for male caregivers who support their spouses or partners. This group is designed to create

community and offer a time for sharing, listening and connecting for men with the unique experience of caregiving for their partners.

Contact Melissa Wade, Caregiver Support Program Coordinator at: melissa.wade@nscr.ca or 604-982-3320

*"There are only four kinds of people in the world.
Those who have been caregivers.
Those who are currently caregivers.
Those who will be caregivers, and those who will need a
caregiver."*

— Rosalyn Carter

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