

## North Shore Caregiver Support Presents:

# Cultivating Balance

Do you provide emotional or practical support to friend or family member?

### *Share ideas, information and wisdom*

- Explore the challenges and joys of being a caregiver
- Recognize your limits and boundaries
- Learn ways to use your strengths and skills
- Cultivate health and well-being in yourself

- بیان چالش ها و شادی های یک کمک کننده و مراقب
- بررسی و تشخیص محدودیت ها و توانایی های شما
- آموزش راه های بکار بردن توانایی و مهارت های شما
- آموزش ترویج تندرستی و سلامتی شما
- استفاده از عقاید اطلاعات و خرد جمعی

Presented by family counsellor **Katayoun Shirzad**, and **Karyn Davies**, Coordinator of the Caregiver Support Program.

Katayoun guides people towards greater awareness and relation connectedness. Karyn supports caregivers in the growth of their resilience and well-being.

The sessions are in Farsi, with support for English . speaking caregivers who wish to attend.

جلسات به زبان فارسی خواهد بود



### Location & Time:

Room 203, Capilano Mall,  
935 Marine Drive, North  
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**Third Tuesday of  
each month**

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