



WEDNESDAY
JANUARY 16, 2019
FROM 1:30- 3:30PM.

NAVIGATING HEALTHCARE SERVICES

a workshop for Caregivers and seniors

Held at Silver Harbour Seniors Activity Centre,
144 22nd Street, North Vancouver.

Caregiver: One who provides emotional or practical
support to an adult loved one with health issues.



Learn how to
access help for
loved ones.

Seniors: Get informed
for yourself also.

Home & Community Care
Adult Day Programs
Mental health services

Residential care options

Palliative care services

Preventing Caregiver
Burnout

NSCR CAREGIVER SUPPORT

North Shore Community
Resources, #201-935 Marine
Drive, North Vancouver

Free Registration:
604.982.3320

Email:

karyn.davies@nscr.bc.ca