



Canadian Mental
Health Association
Weyburn
Mental health for all

Sponsored by:



C.A.R.E.

Caregiver Affected Recovery Education Program



December 2nd & 3rd, 2023



9:30 - 11:30, 12:30 - 3:30 (Both Days)



404 Ashford St



Free: Sponsored by Weyburn Oilwomen

Designed for all caregivers, whether you are a paid professional, a family member, or a friend who fulfills the role of caregiver

- offers education and support to caregivers.
- recognizes the importance of your contributions, the difficulties you may face and the opportunities for you to take care of yourself in the midst of your responsibilities.
- focuses on the mental wellbeing of the caregiver - sharing tools to maintain and enhance the work you do with and for others.
- helps caregivers recognize the signs of mental difficulties and practice both prevention, as well as identify when personal help is required to maintain your own mental wellness.

For more information or to register, Contact Tasha
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