

# Caregiver Support Workshops

Online ♥ Free ♥ Self-paced



**Virtual Care for Carers** (or VCFC) is a workshop series especially designed for caregivers who are feeling increased stress and anxiety in their role due to the COVID 19 pandemic.

Four pre-recorded workshops will be made available to registrants to access online and watch at their convenience:

1. Caregiver Burnout
2. The Power of Emotion
3. Mindful Self-Compassion
4. Self-Care

Two live events will also take place. On Nov. 4th, the discussion will focus on the first two modules. The last modules will be discussed on Nov. 25th.



VCFC is a CFSSC program, delivered  
in partnership with

**Alzheimer Society**

SIMCOE COUNTY

*"I would personally like to thank you for all of the dedication and expertise that you so generously demonstrate. Keep up your good work."*

**-VCFC Participant**

## REGISTRATION IS NOW OPEN

If you require support navigating the technological aspect of the program, please let us know upon registration. Help is available.

**To register, please contact Dana Bessette:**

705-722-1006, extension 225 • [DBessette@AlzheimerSociety.ca](mailto:DBessette@AlzheimerSociety.ca)