

Caring for a spouse, child, or another family member or friend, with a advanced chronic illness? You are not alone ...

Join us at our upcoming workshop that will address:

- (Navigating) the resources available in your community
- Practical and financial aspects of caring for someone at home
- Potential sources of comfort and support
- Your rights and the rights of your loved one
- Planning for the later stages of the illness
- Etc.

The workshops are facilitated by CIUSSS West-Central Montreal social workers.

The workshops will take place Tuesdays from 2:00 to 4:00 pm from **October 9th to December 18th**, 2018 inclusively.

Location: Richardson Hospital Center
Room JR-202, 2nd floor
5425 Bessborough avenue
Montreal (QC) H4V 2S7

These workshops are for all persons over 18 year old who accompany a person with a advanced chronic illness at home. Free respite services available upon request.

**For information or registration,
please call Zelda Freitas at 514-484-7878, extension 1203**

No fee is charged. Furthermore, if transport constraints prevent you from participating, please let us know, we will seek solutions with you.

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