

Questions?

Please feel free to contact the below
Facilitators.

Facilitators:

Cindy Andrus, BSW, RSW
Continuing Care Counsellor, AHS
Phone (587) 876-0943

Mary Devolin
Volunteer, AHS
Phone (403) 335-4409



Last Revised: 2023March

*You don't need to
be a professional
to be a good
caregiver. With
the right help and
support, you **can**
find balance.*



OLDS Caregiver Support Group



Share Your Experiences

Learn from Others

Relax & Rejuvenate

Share Resources

*Develop Supportive
Friendships*



*“If you want to
support others,
you have to
stay upright
yourself.”*

-Peter Hoeg

Participants

This group is for anyone providing care or support to those with healthcare needs. Healthcare needs may include but are not limited to:

- *Chronic or terminal illness*
- *Dementia*
- *Awaiting, or adjusting to, facility placement.*

What to Expect

A safe, supportive and confidential environment with participant driven discussion. Topics may include:

- *Accepting your feelings, the good, the bad and the ugly*
- *Self-care*
- *Managing everyone's expectations*
- *Grief and loss*
- *Accessing/utilizing community services.*
- *Facility Placement issues, before during and after.*
- *Caregiver Burnout/Fatigue/Stress*

Place / Time

**Royal Canadian Legion
Branch #105
5241 – 46 St.
Olds, AB**

**Third Tuesday
Monthly**

2:00 to 3:30 pm

(Rarely, the meeting may need to be moved to an alternate date. If you are a new attendee, please call a facilitator to confirm meeting date.)



Attend meetings whenever you can.