

Giving care with caring support

Caregiver Support Group

Our caregiver support group offers a safe and non-judgmental peer environment that can help you share your journey amongst others with similar experiences.

In collaboration with the caregiver support group, we are offering a social recreation program for your care receiver. This allows for peace of mind and convenience for you to attend group sessions.

Haliburton Highlands Health Services
www.hhhs.ca

705 457 2941 x 2265

Caregiver Support

Helping you learn about...

- **Self Care Behaviours**—increased exercise, relaxation, and medical check-ups.
- **Emotion Management**—reduce guilt, anger, and depression.
- **Self Confidence**—increased confidence in coping with caregiving demands.
- **Community Resources**—providing you with information and access to essential community resources, to



Community Support Services
7185 Gelert Rd, PO Box 956
Haliburton, ON, K0M 1S0
www.hhhs.ca
Phone 705 457 2941 x 2265
Fax 705 457 5077

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Leaders in Innovative Rural Health Care

Community Support Services

Making Community Matter

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Tel: 705 457 2941 x 2265

Caregiving takes on many forms. You may help a relative or friend with:

- transportation
- housekeeping
- grocery shopping
- personal care
- medications
- emotional support
- doctor appointments
- social activities
- living arrangements

We offer support tools to caregivers, so that you can take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver.

Group sessions will give you tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Communicate in challenging situations
- Make tough decisions
- Locate helpful resources



Whether you are providing care for a spouse, partner, parent, or a friend, at home or in a care facility, whether you're in-home, down the block or miles away, your role is an important role. This group is for caregivers like you!

When and Where?

The 1st & 3rd Wednesday of the month

1:30pm-3:30pm

Location: 6 McPherson St.

Minden,

in the Auditorium

(Door located by the LTC entrance of the hospital)

Many caregivers become frustrated when unaware of available community resources and skills to effectively plan, manage, and organize their loved ones care.

For more information about our resources and services, please contact 705-457-2941 or visit our website @ www.hhhs.ca