



# Continuity Care Inc.

## Caring for Caregivers

Presented by: Suzanne Swanton and Chanique Phillips

This interactive session will focus on resources and strategies to help caregivers to look after yourselves and stay healthy, so that you can continue to care and be there for your loved ones. These are challenging and uncertain times and we are all trying to figure out how to get through each day. Our lives have been turned upside down and our daily routines have changed. Let's take some time to focus on you as a caregiver and connect with other parents, siblings and family members to share our experiences and help support each other through these unprecedented times.

**Tuesday, December 8, 2020**

**7:00—9:00 p.m.**

**Zoom Video Conferencing**

Non-Members: \$10 | Members: Free  
1-Year Membership: \$25 | Lifetime Membership: \$250

For more information and to register, please contact our office at  
(204) 779-1679 or [info@continuitycare.ca](mailto:info@continuitycare.ca)  
After registration, we will send you the instructions & materials to join the  
Zoom meeting or the teleconference.