



Caregiver Education & Support Group Cantonese Course

Who'll benefit:

Caregiver with your "Loved One" living with Dementia

Facilitators: Carefirst Registered Social Workers

Date: Dec. 16, 2021 to Feb. 3, 2022 (Every Thursday)

Time: 1:00pm to 2:30pm

Week 1:

Experiencing Dementia

Week 2:

Coping during Crisis

Week 3:

Culture & Behaviors

Week 4:

Navigating the System

Week 5:

Creating a Safe & Nurturing Environment

Week 6:

Cultural Communication

Week 8:

Future Care Planning

Week 7:

Care for the Caregiver

On-site Caring Services/
Transportation Services
Available upon Request



Venue: One Stop Multi-Services Centre, 300 Silver Star Blvd., Scarborough, ON M1V 0G2

**Registration/inquiries:
416-847-8937**



*** As a token of appreciation, \$50 gift card will be given out to any participants who would complete the whole course