

# YWCA MONTREAL FAMILY CAREGIVERS SUPPORT PROGRAM

# GUILT LIMITS LOSS

**Are you providing support or care to someone close to you who is 55 years+ living with a loss of autonomy?**

Do you ever feel guilty?

Unable to get everything done?

Sad about the changes in the relationship with the person you care for?

The YWCA Montreal's Family Caregivers Support Program has designed a series of workshops to help better understand and manage the common emotional challenges associated with family caregiving. Come share your experience or just participate for yourself without obligation.

**MARCH 22ND**

**GUILT**

**APRIL 14TH**

**SETTING PRIORITIES AND LIMITS**

**MAY 12TH**

**ADAPTING TO THE CHANGING RELATIONSHIP**

\*WOMEN ONLY

YWCA Montreal

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