

CAREGIVER GUEST SPEAKER SERIES

June, September, October, November

**JUNE
19**

Grieving: The Person Who Once Was
2:00 - 4:00 pm
Guest Speaker: Helene Arts,
Bereavement Counselor, Hospice Hub

**SEPT.
18**

**Resilient Caregiving: Preventing
Burnout Through Self-Care**
2:00 - 4:00 pm
Guest Speaker: Gabe Thirlwall, Health
Promotor, Connectwell Health

**OCT.
16**

**Care Navigation Simplified: Guiding
Caregivers Through Home, Retirement and
Long-Term Care**
2:00 - 4:00 pm
Guest Speaker: Courtney Derouin, Care
Coordninator, Ontario Health & Home

**NOV.
20**

**Rooted in Calm: Nature Therapy for
Caregivers**
2:00 - 4:00 pm
Guest Speaker: Joanna Kowalczyk,
GIFT Certified Forest Therapy Guide



12 Elliot Street, Perth, ON

Supported by our local:



Call to Register: 613 - 201- 7172
SPACE IS LIMITED!