

CAREGIVER SEMINAR SERIES

Are you caring for someone with a spinal cord injury or other physical disability? Then come join us for our Caregiver Seminar Series

Seminars made possible by a grant from



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For good...forever Le bien...toujours

When: Wednesday January 21, 28, February 4, 11 and 18, 2009

Where: CNIB Board Room

1101 Prince of Wales Drive, Suite 135, Ottawa

Time: from 6pm to 8pm

We will welcome guest speakers throughout the series including Dr. Tammy Ricci of Ricci Rossy Psychological Services, Lise Tessier, Public Health Nurse of Senior's Health and Caregiver Support Program for the City of Ottawa, and Santina Kerslake, Stress Management Practitioner and Director - Community Mediation Program of the YMCA-YWCA to present on the following topics:

Week 1: Practical Support / Navigating the System

Week 2: Grieving / Relationship Change / Stress / Burnout

Week 3: Guidelines for the Caregiver / Asking for Help / Staying Organized

Week 4: Importance of Caregiver / Caregiver Self-Care

Week 5: Emotional Wellness / Finding a Balance

Sessions are free and refreshments will be provided.

**You are encouraged to attend all sessions for maximum benefit,
but may attend individual sessions.**

**RSVP to Angela Clair at
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