

For Family Members and Health Care Workers who Provide Care
for Adults with Chronic Mental Health or Cognitive Disorders

Relieving Caregiver Stress & Distress

Acknowledging the "Masked" Loss and Grief

Tuesday May 21, 2013

1:30 p.m. - 3:00 p.m.

Presenting an Innovative Approach to Assist you in:

- Self managing stress and distress
- Moving forward with confidence
- Gain strength in situations including loss



With Eleanor Silverberg, BA, Psych, MSW, RSW,
Personal & Professional Development Coach
Assisting those providing care for others and themselves.
Held at Mosaic Resource Centre. Please RSVP to 905-597-7000



Mosaic Home Care Services & Community Resource Centre
2900 Steeles Avenue East | Suite 218 | Thornhill, ON | L3T 4X1

Tel. 905.597.7000 | Fax. 905.597.5446

www.mosaichomecare.com | info@mosaichomecare.com

