

Let us lighten your load and brighten your world.

Caregivers have been tending to the needs of family members for centuries. With people living longer today, chances are that most of us will be involved in caregiving, either as a caregiver or as the person being cared for, or both.

Caring for an aging person can take a heavy toll. It is wise to equip oneself with knowledge, practical skills and strategies, and community services. Jeffery Hale Community Services offers support for caregivers. We can steer you towards resources that will help you face the daily challenges of caregiving.

Let us lighten your load and brighten your world. We offer individual, family and group support and sponsor workshops on topics of interest to caregivers.

For more details, please call
Jeffery Hale Community Services:

418 684-JEFF (5333), ext. 1580

Community Services, in the
Jeffery Hale Pavilion, is open
Monday to Friday, 8:30 AM - 4:30 PM

If you live in the Greater
Quebec City region and
would like health and
social services in English,
please call the Jeffery
Hale at:

→ **418 684-JEFF (5333)**
1 888-984-5333 toll-free

- Emergency Room
- Diagnostic Services
- Senior Care
- Community Services
(CLCS-type service in English)



Jeffery Hale

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www.jefferyhale.org



Jeffery Hale
Community Services



**Mini-workshops
series
for caregivers**

2010-'11

The Mourning Process

with H  l  ne Morrissette, Psychologist

- Tuesday, October 5, 2010
- 7:00 - 8:30 p.m.
- Coin Soleil room, 2nd floor of the Jeffery Hale

Loss can strike anyone at anytime. The illness or death of a loved one causes a sense of loss on many levels. Or, you may be grieving the loss of your health and autonomy or that of someone else.

If you are going through a loss of any kind, it can help to know that you are not alone. Grief is a journey that takes time; it is best viewed as a process that one slowly accepts and leads to growth as a person.

Psychologist H  l  ne Morrissette will help demystify the cycle of grief and offer practical advice to those who are grieving.

Legal Advice for Caregivers

with Brian A. Garneau, Attorney

- Tuesday, February 1, 2011
- 7:00 - 8:30 p.m.
- The Jeffery Hale board room in the Pavilion

If you are caring for an aging parent or family member you won't want to miss this chance to learn more about the legal documents which are so important in planning for health care:

- mandate in case of incapacity,
- power of attorney,
- do not resuscitate order and
- last will and testament.

Attorney Brian A. Garneau will offer expert legal advice about these documents.

Compassion Fatigue

with "to be determined"

- Tuesday, May 3, 2011
- 7:00 - 8:30 p.m.
- Location to be determined

The strain and stress of care giving can drain your emotions and exhaust your body. Are you experiencing compassion fatigue? This is the emotional and physical erosion that occurs when caregivers are unable to refuel and keep going.



All workshops are **in English** and are **free** of charge (parking included).

For **more information** or to **register**, please call Jeffery Hale Community Services:

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