

Caregiver Support Group - Thornhill

Are you caring for a parent, spouse, relative or friend?
... You are not alone!



2nd Thursday & 4th Tuesday of Each Month

2:00 p.m. - 3:30 p.m.

Evergreen Hospice - 220 Charlton Ave, Thornhill, ON L4J 6H2

CHATS and Evergreen Hospice invite you to join them to take a break, get out, and meet other caregivers!

- ❖ Share stories, coping strategies and strengths
- ❖ Find new ways to cope with caregiving challenges
 - ❖ Gain advice through shared experiences
 - ❖ Learn about valuable community resources

Contact CHATS to register, 1-866-677-9048 ext. 652, e-mail, vtrivedi@chats.on.ca
Or Evergreen Hospice, 416-499-2185 ext. 110, e-mail, djones@evgcares.org

