



Caregiver Coaching

NEED SUPPORT?

Overwhelmed in your role as a caregiver? Unsure of what to do next or where to go for help?

CAREGIVER SERVICES

Tuesday - Friday | 8AM - 4PM

1:1 sessions, peer support, and virtual education programs

Weekly Caregiver Support Community

Tuesdays 6PM - 7PM (online)

<https://bit.ly/CSCPeerSupport>

COMPASS for the Caregiver: 4 weeks

Fridays 9:30AM - 12PM

November 13 - December 4

<http://bit.ly/COMPASSYYC>



Coaching 1:1 sessions are currently being offered in a virtual setting.

Call 1.825.910.6717 to schedule your appointment.

1:1 SESSIONS INCLUDE:

- a discovery process to gather information about your caregiving situation.
- guidance to help assess your needs and prioritize next steps.
- strategies to stay healthy while being busy and under stress.

Karen Cuthbertson | Calgary Caregiver Coach

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