



## 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

Schedule 1:1 sessions, join a peer support community, attend a virtual education session; or register for COMPASS for the Caregiver.

## 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.



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

Call 1.825.910.6717 to schedule your appointment.

**Karen Cuthbertson | Calgary Caregiver Coach**

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