



Fraser Valley Aboriginal
Children & Family
Services Society

Self-Care for Caregivers Workshop

How to practice Self-Care while taking care of others



Friday, January 17 , 10 am - 12 pm
Highstreet Community Room
(3122 Mount Lehman Rd, Abbotsford)

(Community Room is on the upper level of Highstreet, but you will need to park in the lower level. It is directly beside the main elevator and staircase for West Parking. Across from Envision Financial.)

Register by email to: Emelyne.Bennett@xyolhemeylh.bc.ca
For more information on the facilitator, Maureen L French, please visit her website:
www.lifebalancecounselling.com
www.fvacfss.ca