



# ARE YOU HELPING A SENIOR (55+)?

Attend free caregiver workshops at 3 Family Service Toronto locations across the city.

- Learn key skills to support a senior
- Gain support from other caregivers
- Access resources for seniors and caregivers
- Light snacks and refreshments provided

## DATES & LOCATIONS

2<sup>nd</sup> Tuesday of each month, 1:00PM – 3:00PM | 1527 Victoria Park Ave

3<sup>rd</sup> Tuesday of each month, 5:30PM – 7:30PM | 355 Church St

4<sup>th</sup> Wednesday of each month, 10:30AM – 12:30PM | 128A Sterling Rd

## INTERESTED?

## CONTACT FOR MONTHLY TOPICS

## AND TO REGISTER

Family Service Toronto Service Access Unit (SAU)

Phone: 416-595-9618

