



**Are you supporting a senior who is aging at home?**

**WE ARE LOOKING FOR YOU!**

Many informal caregivers (family and friends) feel anxious and unprepared to care for a senior who is aging at home.

**Let us support you and help you to successfully navigate services to help your loved one to age in place!**

12-hour workshops are being offered from August 2022 to January 2023, teaching you practical skills for accessing, navigating, and organizing care and services for your loved ones.

As part of a research study, you may be eligible to participate in a workshop that will be held in your local community center or long-term care facility. We will be in:

**Sussex, Hampton, Quispamsis, Rothesay, Saint John,**

**Grand Bay-Westfield, St. Andrews, and St. Stephen.**

Workshops are organized by Licensed Practical Nurses from the New Brunswick Community College, to help you learn what you need in a safe, supported, and comfortable group atmosphere.

**WORKSHOP REGISTRATION IS AT NO COST TO YOU!**

call Stephanie Mason at 647-5190 (if no answer, please leave a message and we will call you back) or email at [Stephanie.Mason@nbcc.ca](mailto:Stephanie.Mason@nbcc.ca)

**\*Note: Virtual options are available to those who cannot attend in person or who live in other geographical areas.**

### Community Workshops offered in your Area

- River Valley Community Centre- [August 02-August 5,2022](#)
- Hampton Seniors Resource Centre-[August 15-August 18,2022](#)
- Rothesay Bill McGuire Memorial Centre- [August 22-25,2022](#)
- Sussex Nutrien Centre- [August 29-September 01,2022](#)
- Saint John Nick Nicolle Community Centre- [September 13-16,2022](#)
- Saint Stephen Garcelon Civic Centre- [September 20-23,2022](#)