

COMPASS FOR THE CAREGIVER Medicine Hat

"I found my voice again and my confidence is so much stronger."

—Compass for the Caregiver Wellspring Alberta Participant

Cost: Free

Where: Big Marble Go Centre
Boardroom #3
2000 Division Ave N

When: October 20-November 17
Tuesdays from 6-8:00 pm

Who: Adults caring for someone
living with a cancer
diagnosis

COMPASS for the Caregiver is a 5-week supportive workshop designed by Caregivers Alberta to help caregivers balance their wellness with the needs and demands of caring for a loved one with cancer.

Limited spots available, registration required. To register, call 1.866.682.3135, use the QR code or go to wellspringalberta.ca

