



# Need support?

Overwhelmed in your role as a caregiver?

Unsure of what to do next or where to turn for help?

We help you find the resources, community and support you need.

## Caregiver Intake Services

It's easy to get started. Contact us to get resources and referrals, or schedule a coaching session.

9 a.m. to 4:30 p.m. | Monday to Friday

780.453.5088 | 1.877.453.5088

[support@caregiversalberta.ca](mailto:support@caregiversalberta.ca)

## Peer Support and Educational Workshops

We offer weekly peer-support groups for caregivers, including a men's group and multi-cultural group.

Educational workshops run throughout the year. Topics include: finding financial support, journal writing, navigating care systems, end-of-life planning and managing stress, to name a few.

## Caregiver Coaching

- A discovery process to gather information about your caregiving situation
- Guidance to help identify your needs and plan next steps
- Strategies to stay healthy while being busy and under stress

## COMPASS for the Caregiver

A four-week, interactive workshop series that walks you through solutions to the challenges of caregiving. Often a peer-support group is launched from within a COMPASS session so people can remain in touch.

Week 1: Being a Caregiver

Week 2: Managing your Stress

Week 3: Balancing Relationships

Week 4: Navigating the System