



# C.A.R.E. CORE CONCEPTS



C.A.R.E. (Caregivers Achieving Resiliency & Empowerment) Core Concepts is a 6 session, volunteer led peer support group that details topics & coping strategies specific to caregivers of individuals with a life limiting illness. Connect, learn & build resiliency in a safe, non-judgmental space.

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Bi-Weekly on Wednesdays  
September 14th - November 23rd  
6:30-8:00 pm

In person at  
**White Cliffe Terrace Retirement Residence**  
1460 Durham Regional Hwy 2, Courtice, ON L1E 3C4

For More Information or To Register:

Call (905) 240-4522

or

Email [vondurhamsite@von.ca](mailto:vondurhamsite@von.ca)