



Durham  
Hospice  
Services

# C.A.R.E. CORE CONCEPTS

CAREGIVERS ACHIEVING RESILIENCY AND EMPOWERMENT

**JUL 4TH - AUG 8TH 2023**  
**TUESDAYS 10:30AM - 12:00PM**  
**VIA ZOOM**

*FOR CAREGIVERS OF INDIVIDUALS LIVING WITH A LIFE LIMITING ILLNESS; A WEEKLY, 6 SESSION, CLOSED PEER SUPPORT GROUP THAT DETAILS TOPICS AIMED TO PROVIDE COPING STRATEGIES AND INFORMATION SPECIFIC TO CAREGIVERS. CONNECT, LEARN AND BUILD RESILIENCY IN A SAFE, NON-JUDGEMENTAL SPACE.*

**FOR MORE INFORMATION OR TO REGISTER PLEASE CONTACT US AT**  
**905-420-4522 EXT. 233**  
**OR**  
**VONDURHAMSITE@VON.CA**