



AGING IN PLACE WORKSHOPS

Many informal caregivers feel anxious and unprepared to care for a senior who is aging at home. To support and help you successfully navigate services to care for your loved one, the New Brunswick Community College in partnership with the University of New Brunswick and the University of Manitoba have developed workshops teaching practical skills for accessing, navigating, and organizing care and services for seniors.

As part of a research study, you may be eligible to participate in a workshop that will be held in your local long term care facility. The in-person workshops will be offered in Hampton, Quispamsis, Saint John, Charlotte County and Sussex.

Day Centres will be provided for an aging adult who is accompanied by an Informal Caregiver.

The 12-hour training over 4 sessions will be offered from August 2022 to January 2023 and at NO COST to you! They 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.

For more information and to register contact Stephanie Mason at 647-5190 or via email at Stephanie.Mason@nbcc.ca.

COMMUNITY DELIVERIES OFFERED IN YOUR AREA

- **Lincourt Manor, St. Stephen, NB**
October 20 - 21, 2022 | October 27 - 28, 2022
- **Loch Lomond Villa, Saint John, NB**
November 9 - 10, 2022 | November 17 - 18, 2022
- **Kingsway Care Centre Quispamsis, NB**
November 24 - 25, 2022 | December 1 - 2, 2022
- **Dr. V. A. Snow Centre, Hampton, NB**
January 5 - 6, 2023 | January 12 - 13, 2023
- **Kiwanis Nursing Home, Sussex, NB**
January 19 - 20, 2023 | January 26 - 27, 2023

This project is funded by the Healthy Seniors Pilot Project.