



Community Education Event:

# Caring for the Caregiver



**Carp Health Access** would like to invite the community to a panel discussion on how to balance the care of a loved one with the needs of the caregiver, including practical tips for preventing burnout and available resources.

**Saturday, November 10, 2018**

**9:30-11:30**

**Huntley Community Association Mess Hall**

**2240 Craig Side Road**

Our line-up of experts includes:

Dr. Pam Grassau from [Carleton University](#)

Joyce Drouin from [Western Ottawa Community Resource Centre](#)

Talia Ignacy from the [West Carleton Family Health Team](#)

Refreshments and an opportunity to network will follow the panel discussion.

Reserve your seat at [bit.ly/CHAcaregiverevent](http://bit.ly/CHAcaregiverevent)

Special thanks to our sponsor: [Carp Commons Retirement Village](#)