



# ACTIVITIES

## WINTER 2016



**Specifically for  
Family  
Caregivers**

### Between Caregivers Cozy Brunch

Confidential gatherings for family caregivers who wish to meet, share and exchange similar situations. Each month the counsellor presents a new theme that the group can discuss, contribute to and acquire new resources!

**Monday • 9:30 to 11:30**

### Dates

#### **Godmanchester**

Jan 18 • Feb 15 • March 14 • April 18 • May 16

#### **Saint-Chrysostome**

Jan 25 • Feb 22 • March 21 • April 25 • May 30

### Caregiving Without Burnout

This 8 session workshop aims to support the family caregiver in their role to understand, identify and define personal needs and limits. At the same time, caregivers will learn the ways and strategies to prevent burnout.

#### **Godmanchester**

Tuesdays • May 10th to June 28th  
From 9:30 to 11:30

### Respite-relief

This service is geared for the elderly experiencing light to moderate loss of autonomy. Two qualified animators welcome participants to a complete day of organized activities, which are designed according to the groups needs. It offers physical, cognitive and creative stimulation through handicrafts, games and music therapy with highlights of special occasions and celebrations. **Our organization offers adapted transportation free of charge.** Cost: Dinner \$6,00

*\* Respite Relief permits family caregivers to participate to the*

#### **Godmanchester**

Jan 11 - 25 • Feb 8 - 22 • March 7 - 21  
April 11 - 25 • May 9 - 30 • June 13 - 27

#### **Saint-Chrysostome**

Jan 18 • Feb 1 - 15 - 29 • March 14  
April 4 - 18 • May 2 - 16 • June 6 - 20

Mondays • 9:30am to 4:00pm

### Grief Support Group

A series of 10 meetings that will allow peoples who are mourning the loss of a loved one to share their stories and to find comfort within their exchange with others.

#### **Godmanchester**

March 1st to May 3rd  
Tuesday • Time to be determined



### For information or to register:

**Les Aidants Naturels du Haut-Saint-Laurent**  
23A, Ste-Anne, Saint-Chrysostome  
Phone : 450.826.1243  
Toll free number : 1.855.826.1243

**Point of service of Godmanchester**  
1493, route 138, room 4, Godmanchester  
(By appointment only)



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## Chair Yoga

A series of 10 sessions to develop flexibility, tone, strengthen muscles, reduce stress and improve posture. Guaranteed to calm the spirit!

Friday • 1:30 to 2:30  
Cost : 50,00\$ for the session

## Dates

### **Saint-Chrysostome**

January 15 to March 18

**\*Exception** : March 4th it will start at 1:15pm



## Conference on Self-massage

Presentation of the Dien Chan method (facial multi-reflexology) followed by a demonstration of 3 types of massages that you can give yourself or give someone else. This will help you improve your health, your energy level, your sleep and your immune system.

### **Saint-Chrysostome**

March 4th • 2:30 to 4:30

By : Marjolaine Goulet

**\* By registration only – spaces are limited  
(In French)**

## Sugar Shack Lunch

Come and share a good meal with other members of the organization. .

### **Saint-Chrysostome**

April 6 • 12:00

Location and cost to be confirmed.

## How to Choose your Residence ?

By: Micheline Major, conference by AQDR

### **Saint-Chrysostome**

May 4 • 1:30

(In french)

## Annuel General Meeting

Followed by a supper. Cost for meal: to be determined

### **Saint-Chrysostome**

May 25 • 1:30

## Coffee Get-together

Bingos, cards, exercices and amicales meeting.

### **Saint-Chrysostome**

January 13 to May 25

Wednesday • 1:30 to 4:30

*Monetary Bingo : February 10*

*Flowers Bingo : May 11*

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