



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

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.

Sugar Shack Lunch

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

How to Choose your Residence ?

By: Micheline Major, conference by AQDR

Annual General Meeting

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

Coffee Get-together

Bingos, cards, exercices and amicales meeting.

Dates

Saint-Chrysostome

January 15 to March 18

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



Saint-Chrysostome

March 4th • 2:30 to 4:30

By : Marjolaine Goulet

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

Saint-Chrysostome

April 6 • 12:00

Location and cost to be confirmed.

Saint-Chrysostome

May 4 • 1:30

(In french)

Saint-Chrysostome

May 25 • 1:30

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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