



Fall 2018- Session 1: Meeting your community resources

Who are Caregivers?

Are you taking care of a loved one?

- If you take care of a loved one without payment, then you are a natural caregiver.
- You are not alone in this situation
- 17% of Quebec residents* are taking care of a family member, friend or neighbor and do not consider themselves as caregivers.

To register for the ReCharge workshops or would like to learn more about our services at ARC: Assistance & Referral Centre.

Contact us

Phone: (514) 743-8058
Email: projectcoord@gmail.com

ReCharge program is an initiative of the Assistance and Referral Center (ARC) and community partners



The ReCharge project is made possible with the financial support of:



RECHARGE PROGRAM

Technical Tips for Caregivers

ReCharge

Technical Tips for Caregivers

ReCharge a series of 6 evening workshops made available to caregivers like you in the Monteregie region.

It is a welcoming space to discuss caregiver concerns, learn different tips, develop training skills, meet other caregivers and participate in interactive activities to remain physically and mentally healthy.

ReCharge gave me confidence in my caregiving – A ReCharge graduate



Fall 2018- Session 1 -Graduates who completed the 6 week ReCharge program



Fall 2018- Session 1: Learning about Alzheimer's and Body Mechanics

Caregivers topics to discover:

- Caregiver self-care
- Basic first aid
- Medical emergencies (strokes & falls)
- Alzheimer's disease
- Stress
- And many more topics!

I'm a caregiver, because she only has me...I am not only her daughter but her best friend - A ReCharge attendee



Next 3 ReCharge sessions:

Winter 2019

St-Mary's Elementary School

1863 Rue Brébeuf, Longueuil

From January 14th to February 18th -6pm

Anna Laberge Hospital

200 boul. Brisebois, Châteauguay

From January 31st to March 7th -6pm

Spring 2018

St-Lawrence Elementary School

148 Champlain avenue, Candiac

From February 22nd to March 29th -6pm