

# CHAMPLAIN HOSPICE PALLIATIVE CARE PROGRAM

PARTNERING WITH COMPASSIONATE OTTAWA, COUNCIL ON AGING,  
HOSPICE CARE OTTAWA & HILLEN LODGE

## TAKING CARE OF A LOVED ONE AT HOME?



# PRACTICAL CAREGIVER TRAINING

**A 4-WEEK WORKSHOP SERIES  
HANDS-ON TRAINING TO MAKE THE  
CAREGIVING EXPERIENCE SAFER & LESS  
STRESSFUL FOR YOU AND YOUR LOVED ONE**

- March 21/19: Caregiving and Hygiene at Home
- March 28/19: Providing Personal Care
- April 4/19: Lifts & Transfers
- April 11/19: Coping with Emergencies

Limited  
to 12  
Participants

**Target Audience: Caregivers of loved ones with a life-limiting illness.**

**TUESDAYS, MARCH 21 - APRIL 11, 2019 FROM 6:00 TO 8:30 PM**

**HILLEN LODGE, 10 NADOLNY SACHS PRIVATE, OTTAWA**

Complete an application here: <http://bit.ly/PracticalCaregiverTraining>

or call Brittani: (613) 683-3779

We thank all that apply. Due to limited space we cannot accept all applicants.

**There is a \$20 Registration fee to cover materials**