



Caregivers Seminar

Saturday, Feb 8 ~ 9:30 – 12:00,
followed by lunch

St. Andrew's Presbyterian Church
Trinity Hall
703 Heritage Drive SW

St. Andrew's will be hosting a Caregivers Seminar, presented by Caregivers Alberta. The speaker is **Karen Cuthbertson, MSc – Manager, Support Services**, and the focus will be:

- *what is a caregiver and why does it matter*
- *signs of stress and burnout*
- *self-care/self-compassion*
- *spiritual well-being*
- *finding resources*

Use this QR Code to access more
information and to register:



Please register by Jan 30:

- 403-255-0001 (phone), or
- Click for [Eventbrite Link](#)
- office@standrewscalgary.ca
(email)

ALL ARE WELCOME!!

*This seminar is sponsored by St.
Andrew's Ministries of Care Team.*

Caregivers Alberta – Supporting Caregivers

Caregivers Alberta has compiled resources and tools to help employers recognize that 1 in 3 employees are also caregivers. There is a strong business case for supporting caregivers in the workplace, understanding legal obligations to caregiver-employees and implementing caregiver-friendly workplace policies, programs and practices.

www.caregiversalberta.ca