

Family Caregiver



Name: _____

In your role as a family caregiver you'll need help. Here are some free services available through Family Caregivers of British Columbia:

Caregiver Support Line in BC 1 877 520 3267

Mon-Fri: 8:30am-4:00pm

- One-to-one emotional support
- Help navigating the health care system
- Access to support groups
- Newsletter with timely articles
- Referrals to other community resources

Visit the Virtual Resource Centre:

- Educational webinars, workshops and online modules on topics such as:
 - Caregiver health and wellness
 - Family dynamics and caregiving
 - Communication and assertiveness skills
 - Sharing the care
 - Navigating the health care system
- Resource Guide for Family Caregivers & links to resources throughout the province

Comments
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**Family Caregivers
of British Columbia**

— Let us help —