



Are you a family or friend caregiver? Join an event during Caregiver Week, May 5-11

Family and friend caregivers are invited to join local groups, events and workshops being hosted by the *Greater Victoria Caregiver Support Program* and community partners. This is an opportunity to:

- Foster your well-being
- Receive support
- Network with other caregivers in your community

At a Glance

Mon., May 6	Tues., May 7	Wed., May 8	Thurs., May 9	Fri., May 10	Sat., May 11
Caregiver Support Group – Victoria	Caregiver Journaling Workshop*	Caregiver Support Group – Saanichton	Caregiver Aware Webinar Caregiver Support Groups – Victoria & Sidney	Mary Lake Nature Sanctuary Walk*	Gentle Yoga* Thetis Lake Walk

*Registration required

More information

Greater Victoria Caregiver Support Program

May 6, 7-9pm at #6 – 3318 Oak St., Victoria
 May 8, 1-2:30pm at 2159 Mt. Newton X Rd., Saanichton
 May 9, 7-8:30pm at #1-380 Cook St., Victoria
 May 9, 7-8:30pm at 935 Goldstream Ave. Victoria
 May 9, 7-9:00pm at 10030 Resthaven Dr., Sidney

Drop in

Join one of our Caregiver Support Groups that meet monthly as part of the Greater Victoria Caregiver Support Program. These meetings are an opportunity to come together knowing that there is a collective wisdom in the room. We share our experiences, listen to one another, and

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exchange information and resources that can extend our ways of caring for ourselves as we care for others. Groups are facilitated by empathetic and compassionate volunteers who help to create a safe and confidential space for community connection and sharing.

Find more information about monthly caregiver support groups at:

www.familycaregiversbc.ca/island-health-area-family-caregiver-support-groups

Or call the Caregiver Support Line: 1-877-520-3267

Caregiving Journaling Workshop

Registration required

May 7, 10am-12pm at 1454 Hillside Ave, Victoria

This 2-hour journaling workshop guides caregivers into a personal writing experience. The group collaborates in holding “sacred space” for quiet, contemplative reflection. Through this workshop, you can attend to your inward journey of emotional, physical, spiritual, and mental demands as you engage in the caregiving process.

No writing skills required. Instruction and writing paper supplied to initiate the journal entries.

Facilitator: Bill Israel is an ordained church pastor, trained as a hospital chaplain. He has practiced as a group and family therapist and is a certified Consultant for the *INTENSIVE JOURNAL* program of Dr. Ira Progoff. Through the Island Health Authority, Bill is also certified to facilitate the Introduction to the *Advance Care Planning* workshops on Vancouver Island.

For more information or to register, call 1-877-520-3267 or email cgsupport@familycaregiversbc.ca

A Caregiver Aware Canada: the Power of Many

May 9, 10am, register online at www.familycaregiversbc.ca/events/webinars

Join this national conversation to turn up the volume about the essential role of family caregivers. Barb MacLean, executive director of Family Caregivers of BC, will be joined by Angus Campbell, executive director of Caregivers Nova Scotia, and Sandy Sereda, executive director of Caregivers Alberta.

Mary Lake Nature Sanctuary Walk

Registration required

May 10th, 10am-12pm at 1772 Millstream Rd., Victoria

Immerse yourself in the tranquil atmosphere of Mary Lake Nature Sanctuary. This land has been under conservation ownership since 1947 so nature has a strong presence here. This will be a guided walk and talk, with an intro to nature therapy and some history of the property, followed by a slideshow and discussion in the house on the lake.

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The Mary Lake property has 7 different ecosystems, contains a 7-acre lake with various riparian areas and both the Earsman and Millstream creeks which are part of the 13,000-year-old watershed flow thru it. There is definitely something special about Mary Lake! Come and let the energies of nature soothe your heart and soul. Learn more at

www.marylakeconnections.ca/photos/

For more information or to register, call 1-877-520-3267 or email cgsupport@familycaregiversbc.ca

Gentle Yoga

Registration required

May 11th, 10am-11:30 am at 1751 Adanac St, Victoria

This gentle yoga class is an opportunity to explore connections between the body, mind, and emotional states. In this class, caregivers will be guided into a process of unwinding tension held in the body. Focus will be given to space within the joints, alignment of the bones, and freedom through the spine.

Shylo has been a certified yoga instructor since 2003. Her own internal journey of healing led her to this work. She continues to learn and grow as a teacher and enjoys sharing her love of the practice of yoga. Shylo teaches regular classes in the Victoria area.

We thank Shylo and Lumina Yoga and Wellness Studio for their generous donation of time and space to host this event.

For more information or to register, call 1-877-520-3267 or email cgsupport@familycaregiversbc.ca

Thetis Lake Walk

May 11, 10:30am-12pm at Six Mile Rd, View Royal, BC (main Thetis Lake parking lot)

Drop-in

Join us at Thetis Lake for a short, approx. 45-minute Walk. The terrain is mostly gentle, with a few inclines. We will **meet at the Main Parking Lot at Thetis Lake** (off Six Mile Rd, View Royal). Refreshments to follow with time for ongoing connection with caregivers in your community. Please arrive on time, bring water as needed, and dress in layers to support your comfort.

Walking guides: Lindsay Downie is a Social Worker and Counsellor at the BC Cancer Agency and has also worked supporting people in extended care. Lacie White is Caregiver Support and Engagement Lead at Family Caregivers of BC. Together, Lindsay and Lacie share a passion for supporting families in their caregiving roles, and value the importance of caring for one self as vital to caring for others.

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