



Regroupement

*Soutien aux Aidants
Maison Gilles-Carle*

Brome-Missisquoi

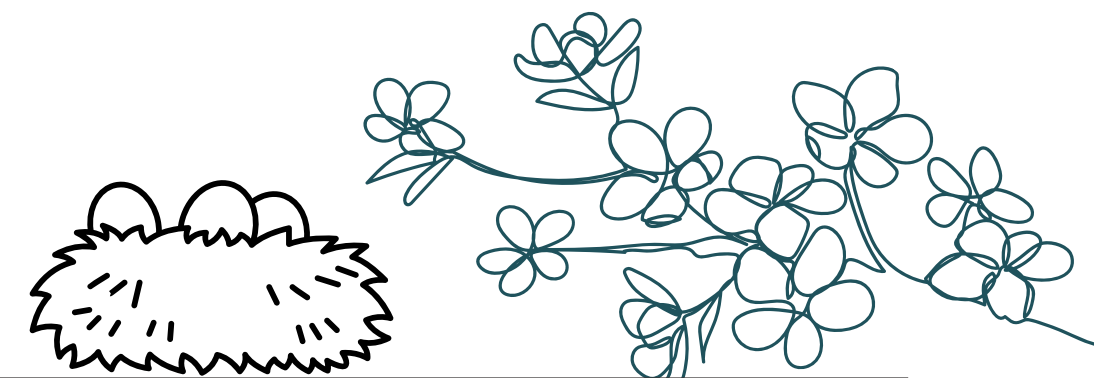
So caregivers can take care of themselves.






Here are our proposed activities for the period from April to June 2024.
Activities start at 1:30 p.m. and finish around 3:30 p.m.
at 614 Blv. J-André Deragon, Cowansville 450-263-4236.

You can't leave your loved one alone to attend a meeting?
Ask about our free respite service during your presence at our activities.
(Reservation required with Keven ext. 5).

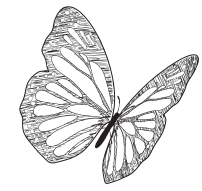


APRIL 2024

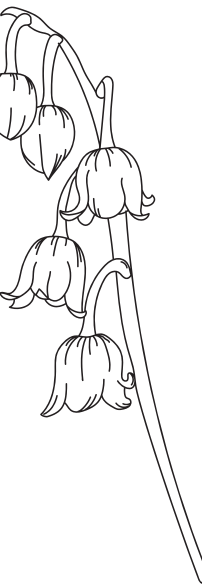


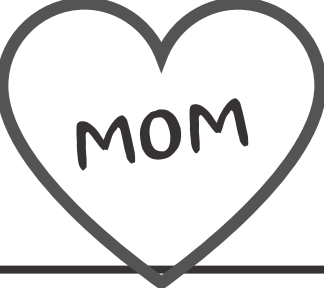



Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
	01 Easter 	02 	03	04 	05	06
07 	08	09	10 Caregivers meeting	11 	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30 Wellbeing workshop				

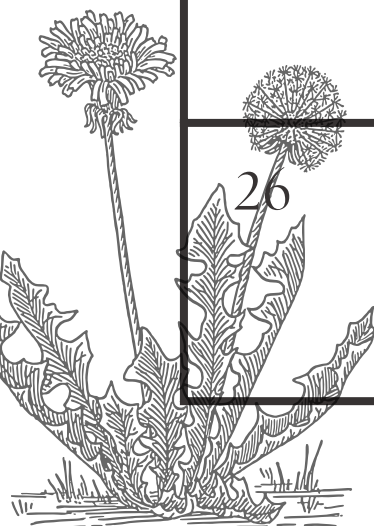




MAY 2024

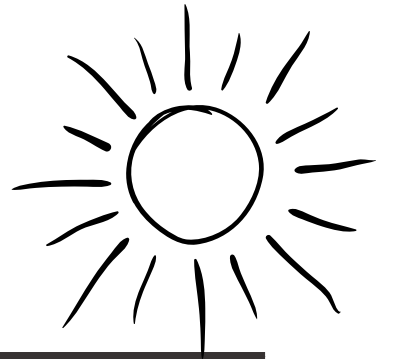
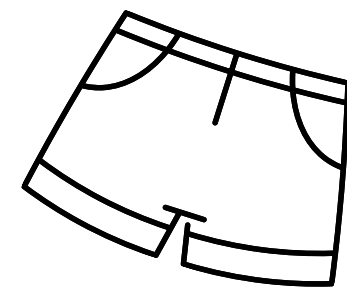






Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
			01	02	03	04
05	06	07	08	09	10	11
12 	13	14 Wellbeing workshop	15	16	17	18
19	20 National Patriots Day 	21	22	23	24	25
26 	27	28	29 Caregivers meeting	30 	31	01





JUNE 2024



Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
					31	01
02	03	04	05	06	07	08
09	10	11	12 Caregivers meeting	13	14	15 
16 	17	18 Wellbeing workshop	19	20	21 	22
23	24 Quebec National Day 	25	26	27	28	29



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Descriptions des activités

Caregivers meeting

Monthly meeting to discuss, share and support each other as caregivers.

Monthly Wellbeing workshops:

April 30: Resilience (how to let go...)

May 14: Respect and express your limits

June 18: The practice of joyfulness

For your information



April 1: Easter Day



April 2: Autism Awareness Day



April 4: National Caregivers Day



April 7: World Health Day



April 11: World Parkinson's Day



May 12: Mother's Day



May 20: National Patriots Day



May 30: World Multiple Sclerosis Day



June 15: World Day Against Elder Abuse



June 16: Father's Day



June 21: World Amyotrophic Lateral Sclerosis (ALS) Day



June 24: Quebec National Day