



Seniors Caregivers Support Group

Are you a caregiver to a family member, friend, or loved one?

Join a safe space for adult and senior caregivers to receive emotional support, be able to vent, share information and advice from your experience, and create a small community. The goal is to support caregiver mental health and give you the strength to continue with your daily tasks.

Facilitated by Lily Shalev, MA, RCC, Senior Outreach Therapist

Starting February 2021

Closed group of up to 10 participants, meeting via Zoom for 6 weeks.
Each meeting is 1.5 hours.

For details contact Lily at 604-754-6031 or lshalev@jfsvancouver.ca.



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