

ALL CAREGIVERS
WELCOME

CAREGIVER SUPPORT
PROGRAM



Are you a caregiver for an older adult? Our new Caregiver Support Program is here to help!

Some of the services we can offer include:

- "Caregivers' Café" Online Group for social meetups
- Educational workshops and webinars
- Self-care techniques
- Help navigating the health care system and resources
- Caregiver coaching appointments
- Services in Spanish, English, and Chinese

Join us for our first caregiver social meetup

Thursday, July 2 | 3-4 p.m.

ONLINE USING ZOOM APPLICATION

Meet other caregivers in your area and share your own experiences, thoughts, and ideas in this casual online chat. Registration required.

Mount Pleasant Neighbourhood House

800 East Broadway, Vancouver
Unceded Coast Salish Territory

www.mpnh.org

For registration and information,

please contact Yajaira Moran:

ymoran@mpnh.org | 604-879-8208

Registration required.



Mount Pleasant
Neighbourhood House



United Way
Lower Mainland