



## Caregivers' Time Out

### A sharing circle for family caregivers Wednesdays, 10 - 11:30 am

Dorothy Ley Hospice  
220 Sherway Drive  
Etobicoke

This gathering time is for anyone experiencing the joys and stresses of caring for an adult with a life limiting illness. It offers a supportive, non-judgmental environment and a way to:



- alleviate your aloneness by meeting other caregivers with similar experiences
- give you an opportunity to focus on **yourself** and how **you** are doing
- explore your thoughts and feelings about the changes and losses experienced
- give you the opportunity to laugh or cry, and talk with others who understand that you have your own needs and won't make you feel guilty
- relieve stress and avoid compassion fatigue (burnout)
- give you the opportunity to help one another with suggestions and ideas

### Come once, occasionally or often!

This is an ongoing weekly sharing circle. If you are interested to attend but are reluctant to leave your loved on their own, speak with your Care Coordinator about them attending our Day Program which is also held on Wednesdays, or alternatively, inquire for the availability of a volunteer to visit in your home while you take this 'time out'.

**Registration required and limited to 10 individuals per session.**

