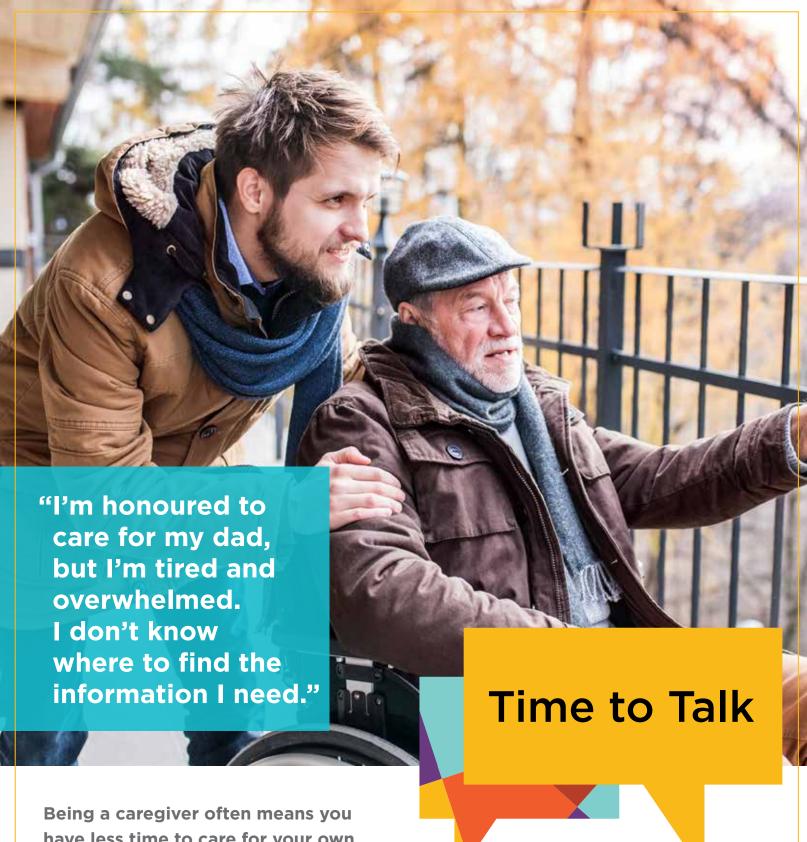


Time to Talk

Being a caregiver often means you have less time to care for your own needs. If you're overwhelmed or need support, speak to a member of your healthcare team. We want to help.

For more information about caregiving, please take one of our Time to Talk pamphlets or speak to your healthcare team.





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Go to www.caregivershuronperth.ca to access caregiver tools and resources

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