



**“I’m honoured to care for my mom,  
but I’m tired and overwhelmed.  
I don’t know where to find the  
information I need.”**

## 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.**

Go to [www.caregivershuronperth.ca](http://www.caregivershuronperth.ca) to access caregiver tools and resources



CHANGING  
**CARE**  
CONNECTING THE DOTS  
FOR CAREGIVERS





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A photograph of a man and a young boy outdoors. The man, who is Black, is wearing a light green polo shirt and is looking down at the boy with a gentle smile. The boy, also Black, is wearing a light green polo shirt with dark stripes on the sleeves and is looking up at the man with a wide, happy smile. The background is a soft-focus outdoor setting with trees and a fence.

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