



**“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**

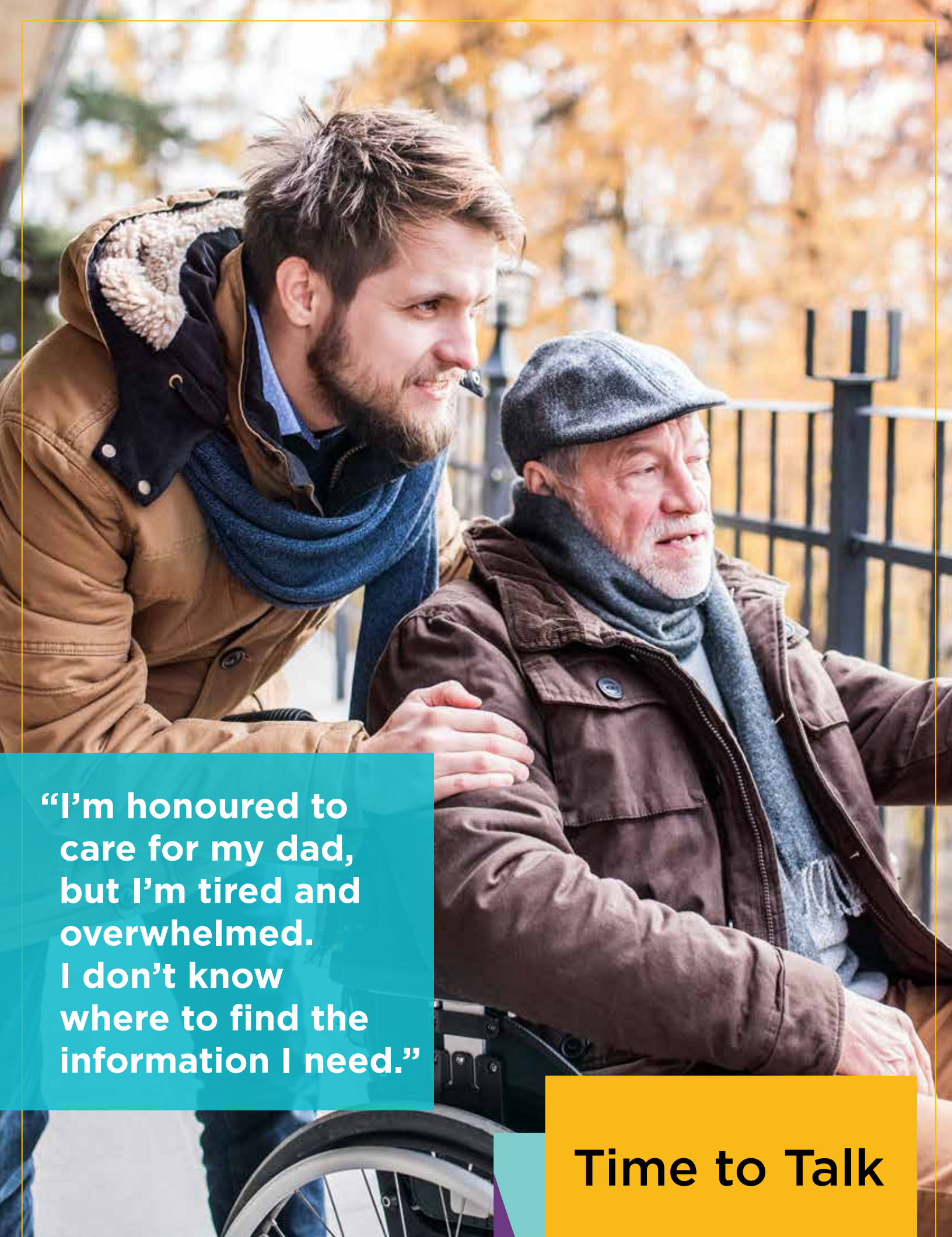
**Being a caregiver often means you  
have less time to care for your own  
needs. If you’re overwhelmed or need  
support, speak to a member of your  
healthcare team. We want to help.**

**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







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CHANGING  
**CARE**  
CONNECTING THE DOTS  
FOR CAREGIVERS





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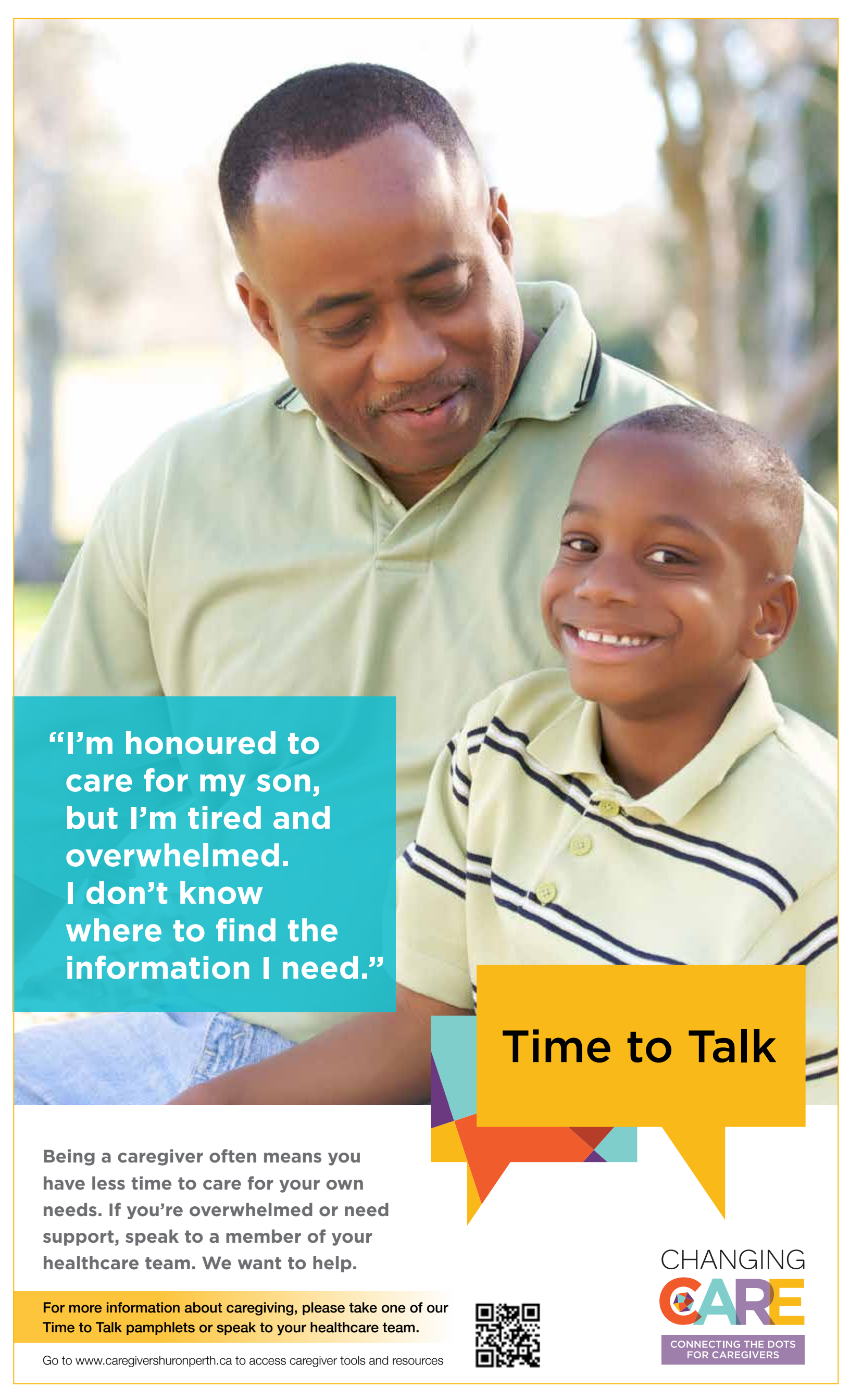
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A photograph of a man and a young boy outdoors. The man, on the left, is wearing a light green polo shirt and has a mustache. He is looking down at the boy with a gentle smile. The boy, on the right, is wearing a light green polo shirt with dark blue stripes on the collar and sleeves. He is looking up and to the right, smiling broadly. The background is a soft-focus outdoor scene with trees and a fence.

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