



“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 to access caregiver tools and resources





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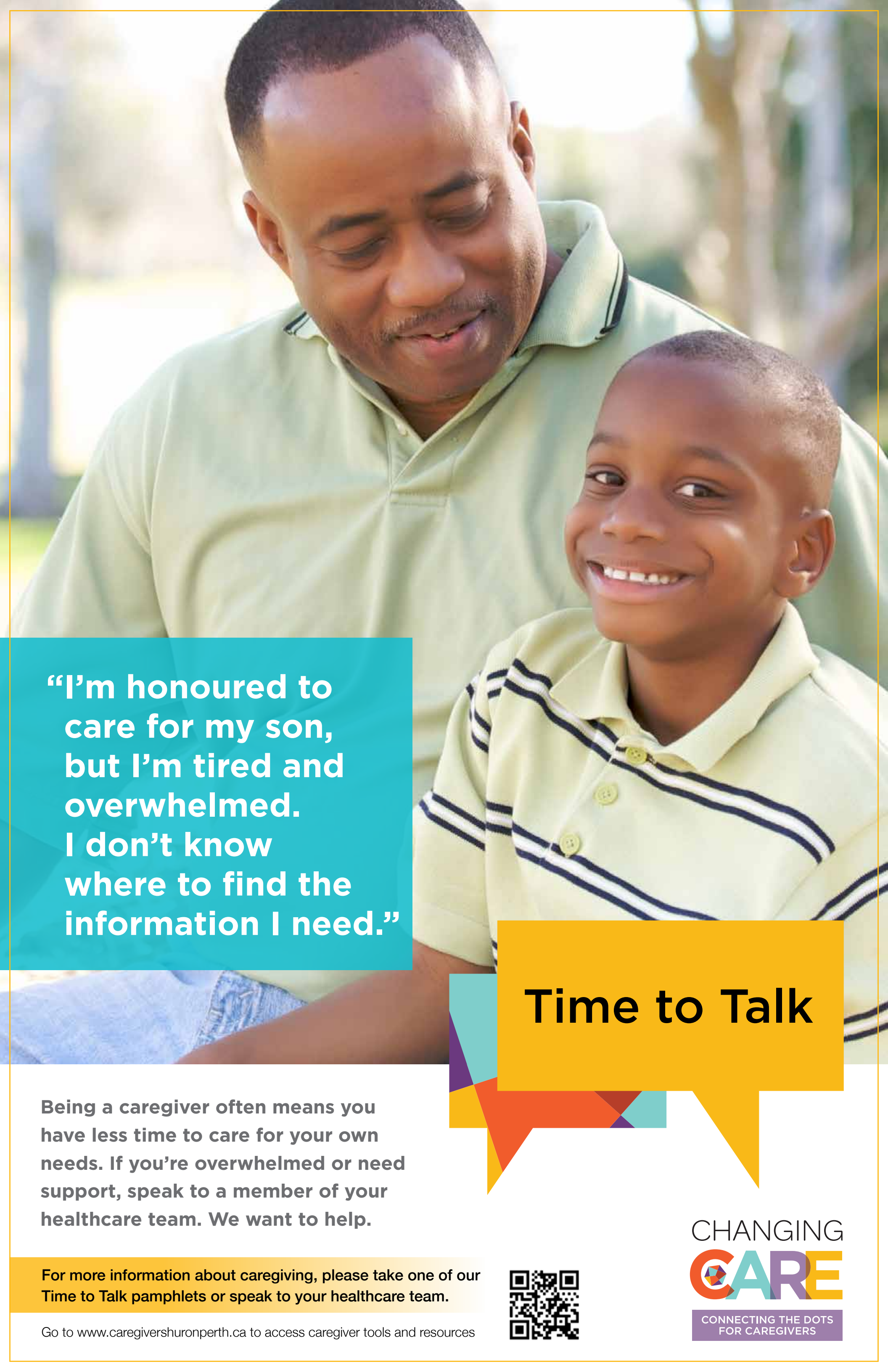
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A photograph of a man and a young boy outdoors. The man, on the left, is wearing a light green polo shirt and has his arm around the boy. The boy, on the right, is wearing a light green polo shirt with dark blue and white stripes on the sleeves and is smiling. The background is a blurred outdoor setting with trees and a path.

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

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CHANGING
CARE
CONNECTING THE DOTS
FOR CAREGIVERS



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