



Programs for Caregivers

Support for Caregivers by Caregivers

COMPASS for the Caregiver Workshops: Our workshop provides a safe and understanding environment to help you reduce stress, decrease guilt, learn how to get the most out of the system, and begin to Care for yourself. The unexpected responsibilities of caring for a loved one can be overwhelming. COMPASS is lead by former caregivers and we CARE about you. You are not alone; let us give you tools for coping and even thriving.

Upcoming Courses – REGISTER TODAY

Fort Saskatchewan COMPASS

Location: Dow Centennial Centre –Scotia bank Room (theatre entrance is best)

Dates: Wednesdays April 25 to June 13, 2012

Time: 10:00 AM to 12:00 PM (noon)

Call to register: Alberta Caregivers Association (780) 453-5088

Or contact: Tammy Lautner, Seniors Coordinator for FCSS Ft. Saskatchewan

Facilitator: Rayne Johnson

Grande Prairie COMPASS

Location: 9713 100 Avenue, Grande Prairie

Dates: Wednesdays May 2 to June 30, 2012

Contact: Deborah Gregson (Executive Director) Canadian Mental Health Association

Call to register: (780)814-5678 or email gpcmha@telus.net

Or call Alberta Caregivers Association 1-877-453-5088 for more information

Fulton Place School ACGA COMPASS

Location: 10310-56 Street Edmonton

Dates: Tuesdays, April 24 to June 19, 2012 (No class May 22)

Time: 1:00 PM to 3:00 PM

Call to register: Alberta Caregivers Association (780) 453-5088

Facilitator: Mary Nelson

Fulton Place School ACGA COMPASS

Location: 10310-56 Street Edmonton

Dates: Wednesdays, May 9 to June 27, 2012

Time: Evenings 7:00 PM to 9:00 PM

Call to register: Alberta Caregivers Association (780) 453-5088

Facilitator: Rayne Johnson

For more information on programs and services contact our office:

Phone: 780-453-5088 Toll free: 1-877-453-5088

Email: office@albertacaregivers.org

Visit our website at www.albertacaregivers.org



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Sherwood Park COMPASS

Location: County of Strathcona Library at 401 Festival Lane

Dates: Wednesdays April 25 to June 13, 2012

Time: 10:00 AM to 12:00 PM

To register: Alberta Caregivers Association (780) 453-5088 or email: jdeverill@parkinsonalberta.ca

Facilitator: Judy Deverill with Parkinson Alberta Society

Calgary Family Services Northwest COMPASS

Location: Bridgeland-Riverside Community Association

917 Centre Ave, N.E. Calgary

Dates: September 2012

Facilitator/Contact: Annette

Or check the website: www.calgaryfamily.org/olderadults/compass.html

Northgate COMPASS

Location: Northgate Lions Seniors Centre (new building) 7924-139th Avenue

Dates: Thursdays September 2012

Time: 1:00 PM to 3:00 PM

Facilitator: Sharlene Wyness

Call to register (780) 453-5088

Seniors Association of Greater Edmonton (SAGE) COMPASS

Location: 15 Sir Winston Churchill Square (102A Ave and 100 St)

Dates: September 2012

Call to register (780) 453-5088

Courses in progress

ACGA COMPASS

Location: Edmonton Southside PCN

Dates: Wednesday mornings, Mar 14 –May 2, 2012

Time: 10:00 AM to 12:00 PM (noon)

#200, 9808-42 Ave. Edmonton, AB

Facilitator: Sharlene Wyness

Contact the ACGA for more information at 780-453-5088 to register or request a COMPASS for the Caregiver workshop in your community.

For more information on programs and services contact our office:

Phone: 780-453-5088 Toll free: 1-877-453-5088

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Caregiver Groups

Support for Caregivers by Caregivers



Community Caregiver Groups

Networks are social groups of caregivers who have the opportunity to meet new friends, share their knowledge - experiences - resources, and support each other through the highs and lows of caregiving. All Caregiver Groups are informal. Come as often as you wish.

Gateway Boulevard Group

Meets at 10 AM on the last Saturday of every month
Location: ABC Country Restaurant, 4485 Gateway Boulevard
Host: Chris Bezovie and Jackie Hildreth

County of Parkland Group

Meets at 8 AM every second Saturday
(April 21, May 5, May 19, June 2, etc.)
Location: ABC Country Restaurant, 78 Boulder Blvd, Stony Plain
Hosts: Contact Lois 780-962-2954 or Yvon 780-962-3713

Upcoming Community Caregiver Groups - 2012

Do you want to set up a Caregiver Network in your community? Please contact the Alberta Caregivers Association office@albertacaregivers.org or phone 780-453-5088

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