

Welcome to *Connect* Newsletter



Cowichan
**Family
Caregivers
Support
Society**

Autumn 2026 - Issue 60



peaces#0005 by Ruby Arnold

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Our Free Support Services Can Help You

Support Groups

Our facilitated support group meetings offer caregivers the opportunity to meet other caregivers and share their experiences, feelings, strategies, and helpful resources. These support groups allow caregivers to expand their community and connect with other people who understand the emotions and unique challenges that caregivers experience. We offer eight in-person support groups per month. Please contact us if you are interested in joining a support group.

One-to-One Support

We meet with caregivers individually to provide confidential support. During a one-to-one support meeting, caregivers can ask questions, share their feelings, and receive helpful information and resources for their specific caregiving situation. Support can include receiving emotional support, assistance navigating the healthcare system, referrals to other local services in the community, and caregiver educational resources. Individual support can be provided through in-person meetings, by video call, on the phone, or by email.

Connection to Community Services

Caregivers need community support. Providing information and referrals to other local services can help caregivers manage their daily responsibilities and challenges, in the way that best supports their caregiving situation. Various programs and services are specialized to help caregivers address specific needs. This can include information on seniors services, financial assistance, food resources, advocacy support, employment support, shelter, and more.

Healthcare System Navigation

A diagnosis can be scary and overwhelming. Many services are available through Island Health. Our staff can help provide basic information about these services and how to access them. Understanding the healthcare system empowers caregivers to make decisions and access the support they need.

Caregiver Library, Resources, Education, and More...

To refer yourself or a caregiver you know, please call 250-597-0886 or fill out the [Caregiver Referral Form](#) on our website.



United Way
British Columbia



Island Health

CFCSS and the Family & Friends Caregivers Support Program is funded by the BC Ministry of Health, through the generous support of The United Way of BC and Island Health.

[**www.familycaregiverssupport.org**](http://www.familycaregiverssupport.org)

Family Caregivers Support Group Meeting Schedule

Pre-registration is required for all support groups. No meetings on statutory holidays.

Dogwood Support Group (in person - Duncan)

2nd & 4th Mondays / 1:00pm - 2:30pm

Accepting registration / Sponsored by The Lions Club of Duncan



Available for sponsorship

Arbutus Support Group (in person - Duncan)

1st & 3rd Tuesdays / 1:00pm - 2:30pm

Accepting registration

Willow Support Group (in person - Duncan)

1st & 3rd Wednesdays / 1:00pm - 2:30pm

Accepting registration

Available for sponsorship

Maple Support Group (in person - Chemainus/Ladysmith)

2nd & 4th Tuesdays / 1:00pm - 2:30pm

Full - please call for waitlist registration

Available for sponsorship

Spruce Support Group (in person - Shawnigan/Mill Bay)

2nd & 4th Wednesdays / 1:00pm - 2:30pm

NEW: Accepting registration

Available for sponsorship

Virtual Caregiver Support Group

1st & 3rd Thursdays / 10:00am - 11:30am

NEW: Accepting registration



Sponsored by private donor

Java Social Journaling Group (in person - Duncan)

1st & 3rd Mondays / 1:00pm - 2:30pm

For caregivers in transition - Accepting registration

Available for sponsorship

"Thank you for your skills as a support group leader. You always add just what we need to hear and are very knowledgeable about many aspects of a caregiver's journey. These meetings give us the strength to carry on."

Support Group Participant

For support group registration or community sponsorship opportunities, please
phone: **250-597-0886** or email: hello@familycaregiverssupport.org

Caregiver Reflections

When caregivers share their real stories, it encourages all caregivers. Though each experience is unique, most caregivers find they have many thoughts and feelings in common. This common connection and understanding helps caregivers feel less alone on their caregiving journeys. Our reflection this month, titled 'The Loneliness of Being a Caregiver' was generously shared by June McDermott.

Could you please share a little bit about yourself and your caregiving journey for our readers?

My name is June McDermott. For a good majority of my life, I was a stay at home Mom and a Teachers Aide. Years earlier, I had earned my First Aid Certifications and worked in a logging camp doctor's office. My dream was to raise my family well. I was born in Manitoba and lived across Canada. My Dad was in the air force and was a prisoner of war and my Mom worked to support the family. I lived with my grandmother for some time and I took in her faith naturally. I lived in New Westminster as a single Mom, and I had been taking multiple First Aid courses, so I called the Logging Hiring Agency. They were needing a First Aid Attendant at an "isolation post" located in Haida Gwaii formerly named Queen Charlotte Islands. There was no doctor in the logging camp.

I agreed to go there and made arrangements for the girls to have a caregiver at home. It was in Haida Gwaii where I met Ronny, my husband. I learned about a week or so down the road that he had a dream the night before I arrived: Ronny had dreamt that he had married the First Aid Attendant! We did eventually marry, and we decided together that I would be a stay-at-home Mom. Ronny adopted my three girls, aged 5, 11 and 12 and we became a family. We moved to the Fraser Valley, to the 100 Mile House area and to other areas of BC.

In the Fall of 1999, our oldest grandson who has Tourette syndrome, was to attend the Maxwell School. We relocated from Osoyoos to Shawnigan Lake to support him in school. I became his educational aide for several years.

My faith has served me very well as a caregiver throughout my life. I am currently living with my daughter and her family. Ronny passed away in July of 2025. Ronny had 2 little dogs and a cat. I was a caregiver for Ronny for roughly 5 years, in the sense that I was a wife, and a caregiver. Ronny was a logger - he started from the bottom and worked his way up to Supervisor. He was a good person, a wonderful man and a great Father and provider. After he retired from logging, he became a bus driver for Maxwell Bahá'í School. It was very hard for him when he could no longer drive due to cognitive decline, as it had become such a big part of his life. He loved all the kids at the school and treated them as if they were his own. He was a very loving person.

Can you share a time when some unexpected or useful help came that made a difference to you?

When Ronny was near to passing away, he had a moment where he was clear minded, he could speak clearly and he gave me these words: "I am sorry this has happened and that I am no longer able to take care of you and the girls." It was a rare moment of cognition between his condition and reality. I thanked him for caring for all these years for me and for our family and being concerned about our future. I asked him not to worry about us, that he had done all he could, he had been a wonderful person, Dad, husband and this gave us both peace of mind.

At the end of his life I asked the doctor what he felt was best. The doctor shared that it usually takes about 2 weeks for someone to pass away from a broken hip, and the hospital staff made arrangements for Ronny to have a private room so that family could visit anytime and stay overnight. I reassured him that, if he was ready to go, it was ok and it was time to go. Myself, our family and some of our friends gathered there and he was never alone. Family stayed overnight. We received the gifts of presence, the gifts of deep love, and the gifts of being witness to death and dying. The Filipino care aides were wonderful (they called Ronny 'Papa'), and came to visit Ronny in the hospital. They had cared for him during his time in long term care. They were gentle, kind and so thoughtful. Our 3 daughters were a huge support to Ronny and I. They spent time with him regularly at home, at the care home, and in the hospital. Ronny knew he was loved and cared for.

Caregiver Reflections continued on next page

Caregiver Reflections

continued from previous page

What is the gift (or what is rewarding) in the caregiving journey for you?

There are many many gifts that have come to me through caregiving. The biggest gifts are time together as a family, time to be caring and loving, sharing resources, gatherings, ideas and opportunities for growth as a family. At CFCSS I was part of the Willow Support Group and came together with other Caregivers. We would enjoy learning from each other. I felt very alone with the task at hand at first. By being a part of this support group, I had unity, belonging, friendship and the comfort of knowing others who shared some of my experiences. By gathering with them I felt supported and stronger. I had community and caring and came to know on a deeper level the essence of caregiving. In the support group the tears came and there was room to share about grief, fear, death, exhaustion and it was a safe space. The Cowichan Family Caregivers Support Society is a force of creation from the ground up and has been an invaluable resource for me as a caregiver.

How does the word 'caregiver' fit for you?

I was born a caregiver! As soon as I was old enough, I was caring for others. I have always been a caregiver in one way or another. I choose carefully while interacting with people and try to meet the needs of others and meet them where they are at. I like the idea "you make everything better" caregiving and freely giving what one can in any given situation. It is a heart-to-heart love affair to look after someone who is needing intimate care. I did my best to treat the staff from Island Health as my own children and grandchildren because they are a part of my global family.

What do you think of when you hear the words: self-care?

To me, self-care is faith. It is dipping into my faith, writing, giving myself enough time and not rushing. I notice that when I rush, I do not breathe well, and that can put me off balance. Self-care could be a meal out, reading the paper, sitting and relaxing. I am a grandmother, and so I can delight in that and spend time with her. I - the mother, who could not wait to be a mother herself, is now the grandmother of a little girl of about 18 months old at the time of this reflection. Spending time with each of our 3 daughters, their families, my Baha'i Community and feeling at one with our Global community brings my life meaning, comfort and joy.

Find what brings you joy, and you will find your self-care.



*If you would like to contribute a caregiver reflection to our newsletter, email
hello@familycaregiverssupport.org*

Caregivers Meeting Caregivers

Do you want to meet other caregivers? We can help connect you! If you are interested in connecting with another caregiver for a walk, a cup of coffee, sharing errands, grocery shopping, just chatting on the phone...let us help connect you with others and build community.

Reach out to your Caregiver Support Lead, or contact us to find out more!
phone: **250-597-0886** OR email: referrals@familycaregiverssupport.org

Pet Companion Program

This amazing program continues to grow, providing much needed robotic companion pets to isolated seniors and caregiving families who are supporting loved ones with a dementia diagnosis. We have received incredible stories of transformation and joy from our caregivers and are excited to continue offering pets to our community.

A huge thank you to the Eldercare Foundation for providing backbone support for the development of this program and for their generous support again this year!

If you are interested in adopting a companion pet, please call 250-597-0886 or email office@familycaregiverssupport.org



**ELDERCARE
FOUNDATION**



**Cowichan
Family
Caregivers
Support
Society**



In Partnership with the United Way

Our work would not be possible without the generous and committed support of the United Way. Through this funding and collaboration, we are able to build capacity, develop new programs, raise awareness about our free services, and support as many caregivers as possible in our community. As we celebrate 25 years in the Cowichan Valley, we extend our sincere gratitude to the United Way for their continued support.



United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island

Featured Artist

Ruby Arnold

Website:

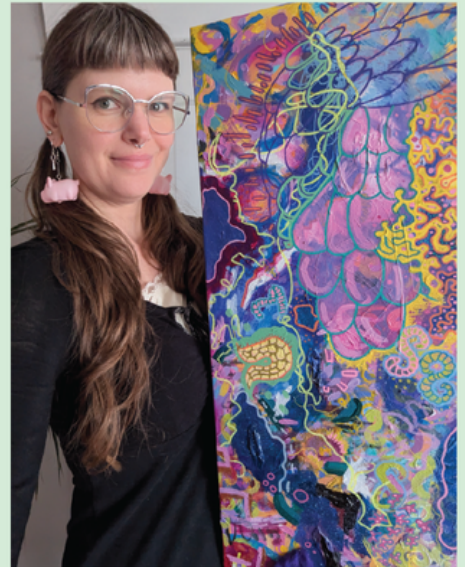
rubymakesthings.com

Email:

hello@rubymakesthings.com

As a **multidisciplinary artist**, my creative practice is one of expression, exploration, colour, and humour. I draw, paint, make stickers, build, create digitally, and work in theatre.

As a **pluralist designer**, I love using my tech and problem solving skills to help non-profits, women, and organizations who make the world a better place, communicate through words and images. It has been a pleasure working with CFCSS since 2021 when I rebuilt the website.



Digital Services

- ♥ Design & Build of Full Custom Websites
- ♥ Graphic Design for Web & Print
- ♥ Consultation & Support
- ♥ Writing & Editing



**ruby ♥
makes
things**



Cowichan Navigators Can Help Caregivers With Paperwork!

Feeling overwhelmed? Do you need help applying for benefits? **Navigators** is a free program that **provides support and tools** for navigating and completing online and printed forms and finding resources in the community.

We also have computers in our learning centre for you to use, or bring your own device and access our free WiFi connection while having a cup of tea.

Visit Our Website: litnow.org/navigators

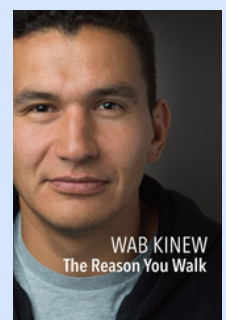
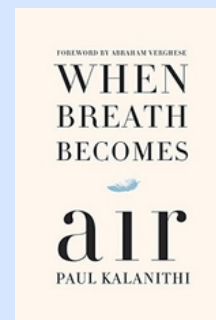
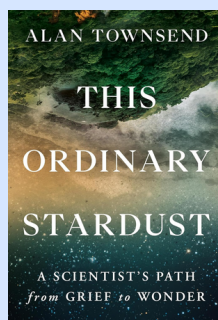
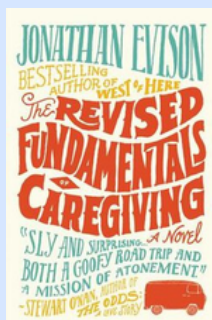
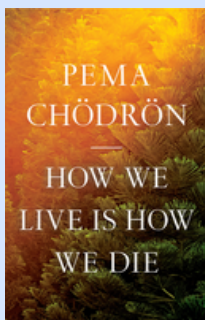
Call/Text: 250-732-9277

Cowichan Family Caregivers Lending Library

Come by for a cup of tea and peruse our bookshelves.

There are so many wonderful books and helpful caregiver resources available to choose from at our Caregiver Library! Topics include: self care, grief and loss, boundaries, guilt, anger, philosophy, novels, dementia support, cooking, memoirs, poetry, and more.

Drop-In Hours:
Mondays to
Thursdays from 10am
to 3pm at our office,
135 Third St. in
Duncan



Developed in Collaboration With



Cowichan
**Family
Caregivers
Support
Society**

COWICHAN HOSPICE, BC DEMENTIA CARE SOCIETY & COWICHAN
FAMILY CAREGIVERS SUPPORT SOCIETY PRESENTS:

Dementia Widow

A morning of story, reflection and
conversation with author Fay Martin.

Fay Martin, MSW, PhD, spent fifteen
years as wife-turned-caregiver as
dementia reshaped her life. She writes
with wit, courage and compassion
about what often goes unseen.



**THURSDAY, OCTOBER 22,
2026**



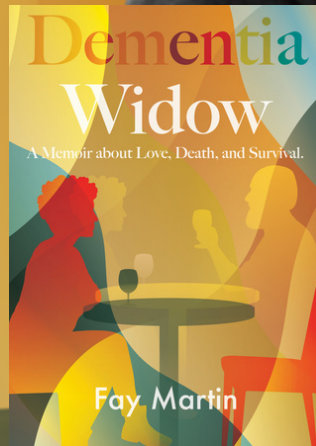
10:00 –11:30 AM
Doors open at 9:30 AM



**GENOA STUDIO -
COWICHAN COMMUNITY CENTER**
2687 James St. Duncan, BC



EVERYONE WELCOME
This event is free,
seating is limited.



For inquiries or to register,
Call: 250-886-7540 or
scan the QR code.

SCAN HERE



Cowichan
**Family
Caregiver
Support
Society**



Caring For The Caregiver

Caregiving for your loved one through serious illness can be overwhelming. Join our nurturing community that supports caregivers through love, connection, and shared experiences.

In Person at the Cowichan Library:

Fridays 11:30 am – 1:00 pm

September 11th & 25th

October 9th & 23rd

November 13th & 20th

December 11th

January 8th & 22nd

If you are interested in learning more
please email Lisa Chileen:
lchileen@cowichanhospice.org





Enhancing Connection and Well-being: A Gathering for Dialogue



The caregiving journey can change over time, including when your loved one may need less direct support from you. Java Social is a unique opportunity for caregivers in transition to explore the next phase of their journey through journaling, reflection, and guided meditation. Each week features a different theme with writing prompts, offering a chance to reflect, connect with others, and share experiences.

1:00 pm to 2:30 pm in Duncan
Every 1st & 3rd Monday of each month*
(*excluding stat holidays)

Pre-registration is required.
To register, please call 250-597-0886 or
email hello@familycaregiverssupport.org

***"This place is like a
home away from home."***

- Java Social Participant

We “CARE” Connection

DEMENTIA CAREGIVERS SUPPORT GROUP 6 MONTH SUPPORT PROGRAM

In-Person Support Group Sessions

9:30am - 11:30am

1st Wednesday of each month

Upcoming Dates:

July 8th, August 5th, September 2nd,
October 7th, November 4th, December 2nd

LOCATION: Ts’l’Ts’uwatul’Lelum Assisted Living
5755 Allenby Road, Duncan
**Please sign in at Front Desk*



**For more
information
and to
register:**



Register on our Website:

<https://www.bcdementiacare.org/services-4>

Email: caregiversupport@bcdementiacare.org

Phone: 778-888-7445



Our office will be closed on September 30th, as we recognize and participate in Orange Shirt Day, and the National Day for Truth and Reconciliation.

We honour the victims of residential schools; the murdered children, the families who had their children stolen, and the many generations of survivors in indigenous communities across Canada.

As an organisation, we encourage all Canadians to listen, reflect, and take responsibility for learning about the full history of Canada, which includes extensive human rights atrocities committed against Indigenous people by the government and religious authorities.

Our office will reopen on October 1st.

MEMORY Cafe



A weekly social gathering for care partners and their loved one with memory loss to relax, unwind, and have fun.

Join us as we joyfully engage in creative activities and make social connections.

Location	Day & Time	Dates	Weekly or Bi-Weekly
Kerry Park Recreation Centre (Mill Bay Hall) Mill Bay	MONDAY 10:45am - 12:45pm	September 21, October 5, 19	Bi-Weekly
Kerry Park Recreation Centre (Mill Bay Hall) Mill Bay	MONDAY 10:45am - 12:45pm	November 2, 16, 30 December 14	Bi-Weekly
Lower Centennial Hall 309 South Shore Road, Cowichan Lake	MONDAY 10:45am - 12:45pm	September 14, 28 (no session Oct 12) October 26	Bi-Weekly
Lower Centennial Hall 309 South Shore Road, Cowichan Lake	MONDAY 10:45am - 12:45pm	November 9, 23 December 7, 21	Bi-Weekly
Cowichan Community Centre (James Street Studio) in Duncan	FRIDAY 10:00am-12:00pm	September 4 - October 23	Weekly
Cowichan Community Centre (James Street Studio) in Duncan	FRIDAY 10:00am-12:00pm	October 30 - December 18	Weekly

Coffee, tea & snacks provided

Pre-registration is required and space is limited (First come, first served)



Registration:

Online:

CVRD Recreation Guide

www.reccowichan.ca

By phone: (during office hours)

250-743-5922 Mill Bay
250-748-7529 Duncan
250-749-6742 Cowichan Lake

In-person: (during office hours)

Kerry Park Recreation Centre
or
Cowichan Community Centre
or
Cowichan Lake Recreation Centre

For more information, email:
info@bcdementiacare.org or beth@bcdementiacare.org

Free Online Learning & Support Opportunities from Family Caregivers of BC



Family Caregivers
of British Columbia

Caregiver Café Virtual Support Group

DATE: 2nd Thursday of each month, 2:00pm - 3:30pm (online)

Upcoming Sessions: Sept. 10, Oct. 8, Nov. 12, Dec. 10.

The Caregivers Connect: BC's Virtual Support Group brings people together from across the province who share a mutual experience of caregiving for a family member or friend. This open group, available by registration, offers a safe and compassionate space for caregivers to share their challenges, insights, and experiences.

Working Caregivers Connect: BC Virtual Support Group

DATE: 4th Tuesday of the month, 7:00pm - 8:30pm (online)

Upcoming Sessions: Sept. 22, Oct. 27, Nov. 24, Dec. 15 (special date in December)

We invite working caregivers to join our monthly Peer Support Group. This open, registration-based group offers a space to connect with others balancing work and caregiving. Share experiences, get practical tips, and find emotional support from peers who understand the challenges you face.

Navigating Elder Care: Virtual Support Group for Adult Caregivers

DATE: 3rd Thursday of each month, 7:00pm - 8:30pm (online)

Upcoming Sessions: Sept. 17, Oct. 15, Nov. 19, Dec. 17

This virtual support group is designed for adults who are navigating the complexities of caring for parents or elder family members, including uncles, aunts, and cousins. We will explore how shifting caregiving roles affect communication and interpersonal connections, offering strategies to enhance dialogue and understanding.

Free Webinar - September 29th: Personal Planning & Representation Agreement Presentations + Q&A

Learn about how the people you trust can be legally authorized to help you make decisions and manage your affairs, when needed.

This presentation will address commonly asked questions such as:

- What if I have a Will and an Enduring Power of Attorney... am I covered?
- What is a Representation Agreement?
- What will happen to me in an emergency if I can't speak for myself?
- What if I don't have family nearby?
- Do I need to register my legal documents?

Have questions in advance? Email us at info@nidus.ca

Your choice. Your plan. Your life.

Everyone is welcome to register and attend.

nidus.ca/events

Nidus
Personal Planning Resource Centre

Register for the Webinar

Tuesday, September 29th

10am to 11am

[REGISTER HERE](#)

Alzheimer Society

Support and Resources for Dementia and Alzheimer's

Resources, workshops, and support are available to caregivers and their families through the Alzheimer Society website and their local office in Victoria.

For more information on dementia and caring for someone with dementia, please call: 1-800-936-6033 or visit: alzheimer.ca or alzheimer.ca/en/help-information/im-caring-person-living-dementia

Minds in Motion®

A fitness and social program promoting wellness and connection for people living with any form of early-stage dementia along with a care partner. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend.

Brought to you by the Alzheimer Society of British Columbia, First Link Dementia Support, and BC Ministry of Health.

Ladysmith: Frank Jameson Community Centre, 810 6th Ave

Seven Sessions: Wednesdays (10:30am-12:00pm), September 9 to November 4

Cost: \$60 per pair for seven sessions

To register, call 250-245-6424 (Register anytime - fees will be prorated.)

Online (English)

Weekly Virtual Groups: Mondays (1:30pm-3:00pm), and Fridays from (10:00am-11:30am)

Weekly online groups are free to attend.

To register, call the First Link® Dementia Helpline at 1-800-936-6033

Poetry Corner

*Grandfather,
Look at our brokenness.
We know that in all creation
Only the human family
Has strayed from the Sacred Way.
We know that we are the ones
Who are divided
And we are the ones*

*Who must come back together
To walk the Sacred Way.
Grandfather,
Sacred One,
Teach us love, compassion, and honor
That we may heal the earth
And heal each other.
- Ojibway Prayer*

JOIN US COWICHAN DUNCAN PARKINSON'S SUPPORT GROUPS



Our Parkinson's Support Groups provide a friendly and supportive atmosphere, fostering understanding and respect. Members share information and build camaraderie, ensuring no one faces their journey alone.

SUPPORT GROUP



Last Monday of the month from 1:00 – 2:00pm PT
(No meetings in July, August, or December)



Duncan United Church, Fellowship Room
(246 Ingram St, Duncan, BC)

WALKING GROUP



Every Tuesday at 1:30pm PT



Cowichan Sportsplex
(5847 Chesterfield Ave, Duncan, BC)

*These support groups are affiliated with
Parkinson Society British Columbia.*

You are not alone. We are here to help.

1-800-668-3330 | info@parkinson.bc.ca
www.parkinson.bc.ca

FOR INFORMATION CONTACT

Wendy Murray



250-732-0364





Canadian Centre for
Caregiving Excellence

Centre canadien d'excellence
pour les aidants

Mindfulness in 30

October 1 - 22 | Thursdays | 9:30am-10:00am PST

A free drop-in mindfulness session for caregivers, care providers in health, home care, and disability support services as well as leaders and management professionals in developmental services.

Mindfulness for Family Caregivers

October 28 - December 2 | Wednesdays | 12:00pm - 1:00pm PST (register anytime!)

This is a six-week mindfulness program to learn and practice mindfulness skills for family caregivers, including those who provide care to people with disabilities, those who are aging, and those experiencing a challenging illness.

Register for these and other events online at canadiancaregiving.org/events

For more information email: info@canadiancaregiving.org

SOUPS ON

(& more) for Seniors

Enjoy soup by Cowichan reFresh
includes bread/bun, beverage & dessert
Guest speakers, conversations & social time

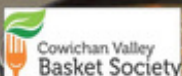
1st Wednesday of each month

October 7th
November 4th

By donation (suggested \$5)



With support from:



Join us at:
Trinity Lutheran Church
2704 James Street (back entrance)
Doors Open at 10:45am
Program begins at 11:00am

Seating for 50

Call: 250-746-8171

South Cowichan Library in the Mill Bay Centre
Serving Shawnigan Lake, Cobble Hill, Mill Bay



Books. DVDs. Audiobooks. Delivered.

Know someone local who is unable to visit
the library due to disability or illness?
Ask about Free Home Delivery from the

South Cowichan Library
Call 250-743-5436

virl.bc.ca/branches/south-cowichan

Caregiver Support

Free. From the comfort of home.



1:1 Counselling | Skill Building Groups | Peer to Peer Counselling

The Caregiver Support Program helps family caregivers improve their emotional wellbeing and coping skills in their caregiving role. The program is staffed by social workers and uses computer visits and/or the telephone to provide support wherever the caregiver is.

To register, call:

South Island: 1-888-533-2273

Central Island: 1-877-734-4101 (Cowichan)

North Island: 1-866-928-4988



islandhealth.ca/cvc | communityvirtualcare@islandhealth.ca

Take a deep breath... and another.



Home, sweet home.

Better at Home provides non-medical services such as:

- GROCERY DELIVERY
- COURTESY RIDES FOR HEALTH & WELLNESS (DUNCAN-AREA)
- LIGHT HOUSEKEEPING
Subsidies' waitlist 1-2 years
Referrals to recommended housekeepers
- FRIENDLY VISITS & PHONE CALLS

If you are...

- ✓ At least 65 years old
- ✓ Living in the Cowichan Valley Region
- ✓ Needing a little extra support to thrive at home

... Better at Home could be for you!

Healthy Aging

Better at Home

Non-medical help for seniors at home



volunteercowichan.bc.ca

*"You have made a real difference in my caretaking journey.
I can't thank you enough for all you do for others."*

- Cowichan Family Caregivers client



BC
Brain
Wellness
Program

Care Partner Workshops

Partners Who Care: A Chance to Talk and Connect (ONLINE)

These sessions will revisit the care partner workshop content from the previous week and offer you an opportunity to bring to the group any thoughts or reactions. All care partners are welcome to join regardless of workshop attendance. Come and connect with folks who get what you are going through. Feel free to bring your questions, your ideas, your feelings and your laughter. Instructor: Jean Ward

10:00am to 11:30am - September 28, October 19, December 7

When Life Doesn't Go as Planned: Practices for Resilience, Meaning, and Inner Well-Being in the Caregiving Journey (ONLINE)

This gathering is an invitation to discover practical spiritual tools for navigating uncertainty, cultivating resilience, and finding moments of meaning, strength, and peace in the midst of caregiving. Instructor: Elana Epstein

9:30am to 11:30am - Monday, September 14

Adult children and YOU, PART 2! (ONLINE)

Open to all - even if you missed part 1! Join us as we continue to the conversation with Tricia Wallace focusing on the 'parent' caregiver and navigating their relationship with their adult children. We welcome your questions as a guide for the conversation. Please send your questions in advance to elainebook18@gmail.com Instructor: Tricia Wallace

10:00am to 11:30am - Monday, November 30

Thank You to our Funders!

We gratefully acknowledge financial support from:

- United Way of British Columbia
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- Ladysmith Healthcare Auxiliary
- Chemainus Healthcare Foundation
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We are deeply grateful for the support of our community and private donors. Since 2000, the Cowichan Family Caregivers Support Society has provided free support services to family caregivers throughout the Cowichan Valley.

Thank you for considering a donation to help us continue this important work; supporting caregivers when they need it most.



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135 Third St. Duncan, BC, V9L 1R9

The Cowichan Family Caregivers Support Society is a registered charity (867610446RR0001).

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