

Day of Caring for Caregivers

Presented by
The Williams Family



What is the Day of Caring for Caregivers?

Held every Fall in communities around BC, the Day of Caring for Caregivers is a chance for the full-time primary caregivers of ALS patients to have a day of respite. This event allows people who devote themselves to the care of their loved ones to come together and share experiences. It also provides the opportunity to learn self-care techniques and how to cope with grief.

This year due to the Covid-19 pandemic, we will be hosting this service virtually using the Zoom platform. Please don't worry if you are not a "techy" as instructions on setting up Zoom will be sent out ahead of the day. On the day, ALS BC staff will be standing by on phone to assist people if they run into technical difficulties.

This service for caregivers is made possible with proceeds for the George and Verna Williams Endowment Fund for caregivers. Our thanks to the Williams family.

Date: Wednesday October 21, 2020

Time: 2-4PM

Guest speaker: Dr Elizabeth Bannerman, registered psychologist

Entertainment: David C Jones, comedian

**Register with: Alexandra Guerrero, Patient Services Coordinator alexandra@alsbc.ca
or call 1-800-708-3228 ext. 226**

There is no cost to register. The information on the Zoom Sign In will be sent out a week prior to all registrants.