



AMYOTROPHIC LATERAL SCLEROSIS
SOCIETY OF BRITISH COLUMBIA

Virtual Day of Caring for Caregivers 2021
2-4 PM

Traditionally 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 some time to recharge. This event allows for people who devote themselves to the care of their loved ones to come together and share experiences. It also provides the opportunity to learn how to take better care of themselves and how to cope with grief.

Due to the concern for gathering because of the ongoing Covid pandemic, the 2021 events will be held virtually. Understanding the need to connect with others living nearby, 5 regional virtual events are planned:

- ♥ North Central Island: Wednesday, October 6th
- ♥ Greater Victoria & Gulf Islands: Thursday, October 7th
- ♥ Greater Vancouver Region: Wednesday, October 20th
- ♥ Chilcotin Cariboo Region: Wednesday, October 27th
- ♥ Okanagan: Thursday, October 28th

This is a special day designed for those providing care to People with ALS. This invitation is for primary caregivers, family members, friends and former caregivers.

The agenda session for each will include speakers to provide information on topics such as self-care, caring for a loved one living with ALS, music therapy and meditation. All events will include time for the caregivers to share in a confidential environment.

There is no charge to register.

To register or for more information contact:

Alexandra Guerrero, Patient Services Manager at: Alexandra@alsbc.ca

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