



Interior Health

# CARE, CONNECT, CREATE

Empowering and supporting today's caregivers

There will be exhibitors with information on local services!

Coffee, tea, and baked goods available



**MAY 22, 2024**  
**10 A.M. to 2 P.M.**  
**At the Schubert Centre in Vernon**

## Who is a caregiver?

A person of any age who tends to the needs of an individual with short or long-term limitations due to illness, injury or disability.

**10:15 a.m.**

**PANEL 1** - Building your personal resilience as a caregiver

**11 a.m.**

**PANEL 2** - Accessing local/provincial caregiver resources & supports

**12 p.m.**

**PANEL 3** - Empowering collaboration of caregivers & health-care teams

**1 p.m.**

**PANEL 4** - Advance care planning & the caregiving journey: Grief and loss



The Schubert Centre is located in Vernon at 3505 – 30th Avenue

*Limited parking is available in the paid parking at 3510 – 30th Avenue*

## Registration Information



Call to pre-register: **1-877-520-3267**



Pre-register online or drop-in



[cgsupport@familycaregiversbc.ca](mailto:cgsupport@familycaregiversbc.ca)



Pre-register online

  
Family Caregivers  
of British Columbia



**John Rudy  
Health  
Resource  
Centre**