



CAREGIVER SUPPORT

Your well-being is our priority. Stay in touch, stay informed and stay connected. Know that you are in the company of over 1.3 million caregivers in BC. You are not alone. Resources for you:



WATCH: LIVE AND RECORDED VIDEOS

www.familycaregiversbc.ca



Every Tuesday, Apr 7 - Apr 28

FCBC Presents: The Connection Corner

Family Caregivers of British Columbia

Join us Live on Tuesday morning's at 9am for conversation and connection on current caregiving topics. We offer insight, information and education for caregiver... More

APR 7 Tue 9:00 AM PDT

APR 14 Tue 9:00 AM PDT

+2



Every Wednesday, Apr 8 - Apr 29

FCBC Presents: Mindfulness Moments for Caregivers

Family Caregivers of British Columbia

Join us on Wednesday morning's for a Live 10-15 minute simple and accessible mindfulness practice to support your well being.

APR 8 Wed 9:00 AM PDT

APR 15 Wed 9:00 AM PDT

+2



Recording

How To Support Remotely: Caregiving During Times of Physical Distancing - YouTube

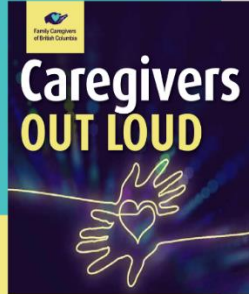
Caregiving remotely during times of physical distancing can be challenging. This is a shared experience that's stressful for everyone –and we don't know how long it's going to go on for.

<https://www.youtube.com/watch?v=jV2JMvy9724&t=5s>

FAMILY CAREGIVERS OF BC
PRESENTS



Listen April 14th 2020
on your favourite podcast app



Podcast

Caregivers Out Loud

We'll explore how the role of a caregiver can be rewarding, but also that it's emotionally, psychologically, and physically taxing. Through sharing these stories, we'll bring you perspective, connection, and ensuring that you have support and balance by inspiring caregivers, out loud.

<https://www.familycaregiversbc.ca/podcast/>

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Caregiver Support Line 1-877-520-3267