



FREE

C.A.P.P for Kids
Community & Parent Partners for Kids

Putting “Self” in Caregiving
How Looking After You Helps You Look After Them

When you hear the word self-care what is the first thing that comes to mind? A day at the spa? A vacation? Time to yourself?

Hear why self-care is an important part of the regimen of care, what it is, what it isn't, and one family's story of finding room to breathe and reset, in order to be there for their loved ones.



Michele, a Partner at Innovative HR, has 30 years of in-depth experience as results-oriented senior human resources professional.

Michele has a Bachelor of Business Administration, and a Master of Industrial Relations. She is trained in mediation, facilitation, ASIST, Mental Health First Aid, and as Socio-Psychological Health and Safety Advisor.

Michele and her family have lived in the Oakville Community for 23 years.

Tuesday November 5, 2019

7-8:30pm

(Community displays 6:45 to 7:00 p.m.)

Gary Allan High School/New St. Education Centre
3250 New Street, Burlington

No RSVP Required

Donations toward future speakers will be gratefully accepted.

For more information please check out our website at www.cappforkids.com

If you have any questions, please email capp4kids@gmail.com

