

One-Day Caregiver Self-Care Session



S.I.V.A. (Supporting Individuals through Valued Attachments) training program are proud to offer a one-day caregiver self-care session. Supporting individuals with complex needs can be incredibly rewarding and enriches our lives in numerous ways. Whether you are a professional or a family member, healthy self-care is essential to sustainable personal and relationship growth.

Learn how to identify stressors within yourself and how to prevent stressful situations from arising, discover the power of resilience through a wellness plan designed by you specific to your needs. The session will be led by Michael Taylor and Dr. Don Castaldi, founders of the SIVA model and facilitators of numerous caregiver self-care sessions throughout North America.

Date: March 21, 2018

Time: 9:00 am - 4:00 pm

Location: Coast Bastion Inn
11 Bastion St
Nanaimo, BC

Price: \$150.00 plus GST

Registration: Judy Selinger
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250.585.1770



supporting individuals through valued attachments