

LUNCH & LEARN

Seasonal Support Series

SESSION 4: “Caregiver Burnout”

Whether you are a parent or a caregiver, we all need a break sometimes! It's ok to ask for help. Join us for lunch and a conversation around how we can support each other.

FEBRUARY 26, 2026

12:00 – 1:00 PM

Community Services Lunch Room

Session include:

- A short, engaging video
- A shared meal
- Open discussion
- Tips and ideas for supporting our own wellness and one another



Door Prizes

To sign up and to request rides please contact our Community Services.

CONTACT



250-989-2355