## THE CAREGIVER EXPO

## DO YOU LOOK AFTER A RELATIVE, FRIEND OR NEIGHBOUR WHO COULDN'T MANAGE WITHOUT YOUR HELP?

If you provide unpaid support to a relative, partner or friend who is ill, frail, disabled or has a mental health or substance misuse problem, you are a caregiver.

Come along to our Expo to learn about programs and services that can support you in your caring journey.

A respite room with entertainment will be provided for loved ones & care-recipients



Presented by:



Exclusive Media Sponsor:

Burnabynow

20+ Exhibitors and 5 Great Speakers featuring Seniors Advocate for British Columbia: ISOBEL MACKENZIE

## Saturday 27th February 2016, 10am - 3pm

Holiday Inn, Metrotown, 4405 Central Blvd, Burnaby

FREE parking in underground parking lot

More information on our website: www.bsoss.org
Any questions please call: 604-291-2258 or
email: burnabycaregivers@gmail.com