



**Support for unpaid
caregivers caring
for someone 55+**

**1-888-212-2337
wkbcaregiver.org**

Online Peer Support

Refer to our *Events Calendar* at wkbcaregiver.org for dates and times.

For more information, contact Rachelle
Toll Free: 1-888-212-2337
Cell: 250-505-4272 (text welcome)
Email: wkbcsp@gmail.com

Over 1 million people in British Columbia provide physical and/or emotional care to a family member, partner, friend or neighbour.

Our program supports the West Kootenay and Boundary area, including Grand Forks, Trail, Castlegar, Salmo, Nelson, Kaslo, Slocan and New Denver.



United Way
British Columbia

Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island



**Family Caregivers
of British Columbia**

— Let us help —