

Caregivers offered hope at Lifetree Café

Coping with the demands of caregiving is a challenge many face, and that will be the topic of discussion at Lifetree Café this coming Wednesday (Jan. 22).

The program, entitled Care for Caregivers: Meeting the Unique Needs of Those Who Sacrifice for Others, will feature a screening of the short film Life in Reverse. The film chronicles the experiences of Florence Feldman who, for 10 years, served as a caregiver as her mother slowly sank into dementia.

“Being a caregiver can be both rewarding and exhausting,” Feldman said. “It’s easy to feel isolated and burdened. Getting the help and support needed to stay sane and healthy, let alone to thrive, is a challenge caregivers face.”

The program will offer an hour of support and understanding, as well as Feldman’s insights about meeting caregivers’ needs.

The program will run from 7 to 8 p.m. Admission will be free. Snacks and beverages will be available.

Lifetree Café is at St. James’ Anglican Church, 6025 Old Church Rd., in Caledon East.

Lifetree Café is a place where people gather for conversation about life and faith in a casual coffeehouse-type setting.

Questions about Lifetree may be directed to Mark Tiller at 905-584-8506 or mark.lifetree@gmail.com