

CARES

Caring for Adults Requiring Extra Support



A FREE weekly drop-in program to give information about help available to adults needing support in the South Okanagan



1. **First Contact: IH Services**
2. **Staying at Home with Help**
3. **Home Support**
4. **Housing Options**
5. **Financial/Legal Concerns**
6. **Caregiver Support**
7. **Wellness**
8. **Healthy Brains**

Anyone can attend
No registration required
Attend any or all sessions
Nurse available for referrals

THURSDAYS 4:30-5:30

740 Carmi Ave Penticton

250-770-3602