



CENTRE D'ACTION BÉNÉVOLE  
LE HAUBAN

## Le Relais

Support Service for Caregivers

To allow you to catch your breath to continue your accompaniment.



### Inform, sensitize and support

(From l'Anse-à-Valleau to Coin-du-Banc)

- Relief at home with qualified personnel (Contribution of 3\$/hour)
- Individual psychosocial support
- Information/useful workshop for the role of Caregivers
- Reference and consultation
- Confidential service

### For more information

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Support for Caregivers

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**L'APPU** POUR LES  
PROCHES AIDANTS  
D'AINÉS

