

# EMPOWERING SENIORS

Elder Support Group Program

[empoweringseniors@carizon.ca](mailto:empoweringseniors@carizon.ca)

## Registration:

Registration is free, however there is limited enrollment. Please call to register two weeks prior to group start date.

## Dates:

Thurs., Feb. 11—Mar. 31,  
10:00 a.m.—12:00 p.m.

## Contact:

Judy Benjamins  
(519) 743-6333 ext. 342  
[empoweringseniors@carizon.ca](mailto:empoweringseniors@carizon.ca)

## Topics Include:

- Elder rights and how to maintain them
- Safety planning and setting boundaries
- Resolving conflicts
- Power of attorney/future planning
- Community resources and supports
- Financial awareness and potential fraud

519-743-6333  
[info@carizon.ca](mailto:info@carizon.ca)  
[www.carizon.ca](http://www.carizon.ca)



**An eight week program designed for seniors in our community to connect with other seniors and experience support.**

**Light refreshments provided.**

**Transportation available upon request.**

**Location: Carizon Family & Community Services,  
400 Queen St., S., Kitchener, ON.**

**CARIZON**  
family + community services

  
**Family Violence Project**  
of Waterloo Region