



## Caregiver Burnout: Prevention, Signs, and Finding Support



**Atwater Library and Computer Centre**

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1200 Atwater Avenue – Atwater Station

Bibliothèque et centre d'information  
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The demands of caring for a person with Alzheimer's disease or another form of dementia can take an emotional toll. Join us to learn how to recognize the warning signs of caregiver burnout, how to prevent it, and to discover some sources of support.

*Société Alzheimer Society*  
M O N T R É A L