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Greetings from Gwen

Summer is winding down and fall activities are on the horizon! Nav CARE is working on in person training and community outreach opportunities. We look forward to connecting with all volunteers and clients, both current and new!

Questions or comments? Reach out by email, phone or text



Website Updates:

Nav CARE National has a new updated website:

www.nav-care.ca

South West District Palliative Care Inc has a new website - which includes a page for our local Nav CARE group:

www.swdpc.com

RESOURCES OF INTEREST:

The following resources have been shared and/or recommended by other Nav CARE groups:

Links for each are in the email of this newsletter.

- Documentary - Speaking Grief. - the aim is to destigmatize grief.
- A Guide for Older Adults - hints and tips on talking to your doctor.

These resources may be very helpful for yourself and your clients.

Upcoming Events

- August 15 - presentation @ St Laurent Summer Feast
- August 22 - information event @ Something Beautiful 1pm - 3pm. Join us!
- In-Person Volunteer training:
 - Early/mid September @ St Laurent
 - Late September @ Stonewall
 - Early October @ Woodlands/Warren
- September 19 & 20 -Palliative Manitoba Conference

Social Media Posts:

We are working on our social media presence. If you are on Facebook and could help us by following South West District Palliative Care's page and share posts to your own page or community groups - it would be much appreciated.

A copy of the posting is attached to the emailing of this newsletter - however for algorithms and such its more effective to share from the SWDPC's page.

