

## Mission and Vision Statements

### **Mission:**

*To enhance the quality of life of ageing adults within their community by promoting wellness and independence through the provision of a safe and caring environment.*

### **Vision:**

*To be a Centre of excellence providing quality and innovative leadership in programs dedicated to seniors.*



*"Taking Seniors to Heart"*



*Celebrating 31 years!*

Visit our website at [www.rencollseniors.ca](http://www.rencollseniors.ca)

Renfrew-Collingwood Seniors' Society

**Renfrew-Collingwood Seniors' Centre**  
2970 East 22nd Avenue  
Vancouver, British Columbia  
V5M 2Y4

**Phone: 604-430-1441**

**Fax: 604-430-1441**

**E-mail: [rencollsr@aol.com](mailto:rencollsr@aol.com)**

Renfrew-Collingwood  
Seniors' Society

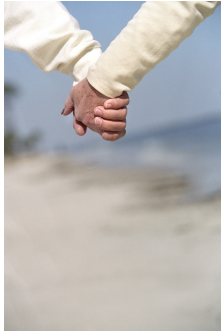
## Caregiver Support and Information Program

*"Taking Seniors  
to Heart"*



**Telephone: 604-430-1441**

# Caregiver Support Program at R.C.S.S.



*Join us ... and discover that you are not alone.*

**A family caregiver....**is a family member or friend who provides unpaid support and care for a loved one who is frail, elderly, or has a long term or palliative illness. Family care giving takes place anywhere, from home to the care facility.

**Purpose:** The Caregiver Support and Information group provides an opportunity to connect with other caregivers, learn new skills, share ideas, locate community resources, deal with challenging ideas, and assist with your care planning.

**Sessions: 2nd Thursday of each month**

**3:00 p.m. to 5:00 p.m.**

## Services:

- ♥ Ask questions and get straight answers from people who have been there
- ♥ Learn creative and caring problem solving techniques and caregiving ideas.
- ♥ Discover that you are not alone in the way you feel.
- ♥ Enjoy a confidential, understanding, non-judgmental setting in which you can openly and candidly express your thoughts and feelings.
- ♥ Learn about helpful resources from facilitators
- ♥ Remember that laughter, taking care of ourselves, and planning for the future are essential for personal well-being.

**Program Costs:** Society membership is required at \$5.00 per annum.

**Program Funding:** Limited funds are provided through Vancouver Coastal Health SMART fund. Private donations and the fund-raising efforts of the Society's members provide the bulk of the funding.

## Core Values:

- ♥ Respect
- ♥ Integrity
- ♥ Honesty
- ♥ Compassion
- ♥ Laughter
- ♥ Team Work
- ♥ Accountability
- ♥ Quality of Life for Our Clients, Staff, and Volunteers
- ♥ A Welcoming, Warm Atmosphere

*"Taking Seniors to Heart"*



**Charitable Organization Number:  
#11911 5558 RR0001**

**Renfrew-Collingwood Seniors' Society**

**Renfrew-Collingwood Seniors' Centre  
2970 East 22nd Avenue  
Vancouver, British Columbia  
V5M 2Y4**

**Phone: 604-430-1441**

**Fax: 604-430-1441**

**E-mail: rencollrs@aol.com**