



Family Caregiver Wellness Workshops

Are you providing at-home care to a loved one? It can feel overwhelming at times.

We're here to help.

NORQUEST
COLLEGE 

Become a Confident Caregiver

NorQuest College offers a wide range of workshops taught by experienced healthcare professionals to help caregivers gain the confidence and knowledge they need to care for a loved one at home and/or requiring end-of-life care.

Convenient

Our workshops are offered online and/or in-person and can be completed at your own pace. Customize your learning by registering for one or multiple workshop topics.

Affordable

Our workshops are affordable and priced with the caregiver in mind.

Reliable

Taught by healthcare professionals, you can count on receiving trusted knowledge from experienced instructors.

Workshop Topics

Assisting with personal and intimate care

Learn the proper techniques to provide personal care including oral health, bathing, dressing and incontinence care.

Assisting with mobility-safe practices

Learn safe body mechanic techniques for movement assistance.

Palliative and end-of-life care

Gain the training needed to feel confident supporting the quality of life of a loved one in need of palliative and end-of-life care.

Supporting a person with dementia

Learn about dementia and the strategies you can use to support a loved with this diagnosis.

Mealtime & medication assistance

Learn safe feeding and medication administration techniques that will support autonomy, ensure safety, and foster family connection.

Navigating the Healthcare System

Learn about the Alberta Health Care system and the various ways it can help and support caregivers and their loved ones.

Pain monitoring and management for the caregiver

Learn how to recognize a loved one's pain level and how to provide support.

Effective communication: Guidance for the caregiver

Learn how to effectively communicate with your loved one.

Infection control and prevention

Learn about infections, how they spread and the ways you can protect both yourself and your loved one.

Contact us

For more information or to register for our workshops, please visit norquest.ca/family-caregiver or call 1 866 543 6480.