



Empowering you to live at home
in the City and County of Peterborough

SESSION B

Introducing Powerful Tools for Caregivers – Healthy Ways to Manage your Stress

Aja Bax, Community Care Peterborough

Powerful Tools for Caregivers is a 6-week self-care education program for family caregivers that has been shown to have a positive impact on the health and well-being of caregivers. Join us for an introductory session to focus on tools that will help you manage the daily stresses you face as caregivers.

About the Host:



Aja Bax has held several roles with Community Care Peterborough over the past 19 years. She currently supports the Collaborative Care Team as Manager. Aja's early experience was supporting individuals living with cognitive impairments and their caregivers. She has been a class leader for Powerful Tools for Caregivers through the Self-Management Program Central East for 5 years. She has a degree in Gerontology from McMaster University and certificates in Volunteer Management and PEAK Leadership from Fleming College. Aja manages stress with a regular yoga practice and by soaking up small joys with family, friends, and cats