

PURPOSE OF THE PSYCHOSOCIAL INTERVENTION:

With ALPA, you can benefit from appropriate support to accompany you in your role as a caregiver. Support groups as well as individual meetings are available to provide you with the necessary tools, allowing you to better face the realities of your daily life. The purpose of these meetings is to address various themes allowing you to share your experiences and your concerns.

Possibility of receiving services at the Alpa premises OR in a setting near you. Individual meetings can take place at the Alpa office, at your home, by telephone or by videoconference.



ALPA can support any caregiver, regardless of age or disability, on a punctual or recurring basis with the aim of:

- Developing greater self-knowledge;
- Finding a caring listening, support and comfort from people living similar realities;
- Breaking social and emotional isolation;
- Expressing their emotions in a respectful and trustful atmosphere ;
- Discussing possible tools and possible solutions



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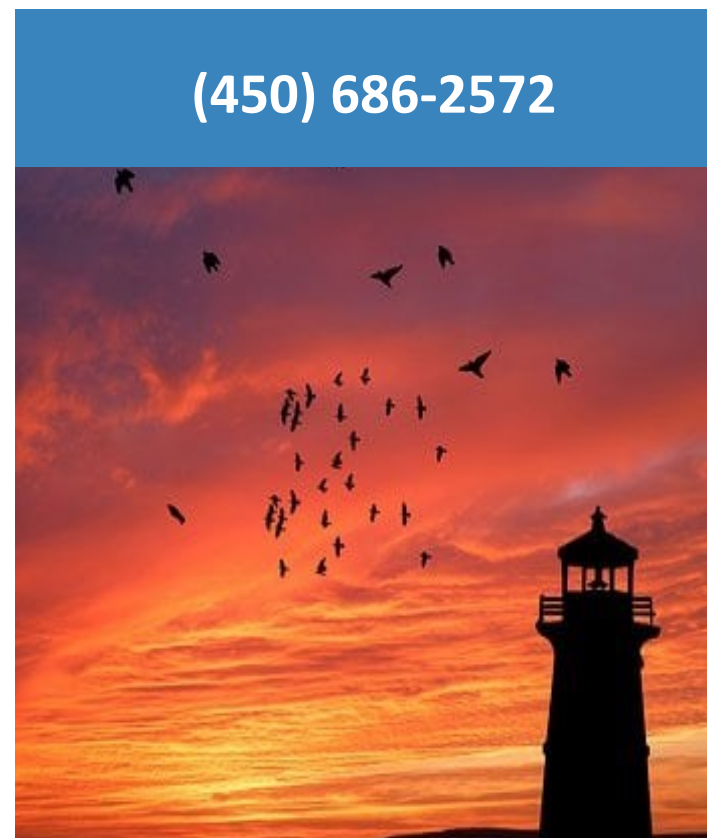
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Association
Lavalloise des
Personnes
Aidantes

**FREE PSYCHOSOCIAL SERVICES:
INDIVIDUAL MEETINGS AND
SUPPORT GROUPS**

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