



Vancouver Committee for Domestic Workers and Caregivers Rights (CDWCR)
PO Box 37033 Vancouver, BC V5P 3X0 ♦ Fax/Tel. 604-874-0649 ♦ www.cdwcr.org

CDWCR would like to invite ALL MEMBERS to our...

Annual General Meeting (AGM) and Mental Health Workshop via Webinar

Sunday, May 24, 2020, 1:00 pm – 3:00 pm

**Please email by Friday, May 22, 2020 to register @
cdwcr.org@gmail.com**

****Only those who register by email will receive the link
on how to join the webinar.**

Annual General Meeting

CDWCR will report on our goals and activities in the past and in the future.

Mental Health Workshop

Attend the webinar and learn how to:

- *Cope with isolation, stress and anxiety during a crisis like COVID-19*
- *Stay physically, mentally and emotionally healthy*
- *Stay connected while physical distancing*
- *Identify and manage common symptoms of depression.*

