

# Create the change you want. Use your voice.

## Change starts with you. Join The Direct Care Worker Group Discussion.

Share your **story**. Share your **experience**.  
Share your **ideas**. Be heard and make sure those  
who give care get taken care of first.

- \$50 for participating
  - Can be in person or through video
  - 100% confidential
  - COVID-19 precautions followed for in-person meetings
- 11/10 6pm - In person: Bangor  
11/11 9am - Virtual  
11/16 6pm - In person: South Portland  
11/17 9am - Virtual  
12/2 6pm - In Person: Lewiston  
12/3 9am - Virtual  
12/6 9am - Virtual  
12/8 6pm - In person, Aroostook County  
12/13 9am - Virtual  
12/17 9am - Virtual

**SIGN UP** for our next session. **CALL (800) 499-0229** or  
**EMAIL [MLTCOP@MaineOmbudsman.org](mailto:MLTCOP@MaineOmbudsman.org)** to learn more.



The Maine Long-Term Care  
**OMBUDSMAN**  
Program

Brought to you by the Maine Long-Term Care Ombudsman Program. Committed to helping shape, improve, and advance the careers of direct care workers in the state of Maine.