

Caregiver Support Group



Do you give unpaid care to
a parent ?
a spouse ?
a child ?
a friend or relative ?

Due to
frailty or advanced age?
a chronic illness ?
a mental illness ?
a disability ?

You are not alone!

Our free support group
offers a confidential, friendly
atmosphere for you to discuss
your experiences, and receive helpful
information in
a supportive environment.

WHEN: 1st Thursday of each month
from 2:00 to 4:00 pm

WHERE: St. Andrews United Church
Hall, 46 Main Street, Stewiacke

FOR MORE INFORMATION:
Contact Cindie Smith: 902.324.2273
or 1.877.488.7390

www.CaregiversNS.org