

# 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:** 1<sup>st</sup> Thursday of each month  
from 6:30 to 8:30 pm

**WHERE:** Canadian Red Cross office  
139 Truro Heights Road, Truro Heights

**FOR MORE INFORMATION:**  
Contact Cindie Smith: 902.324.2273  
or 1.877.488.7390

[www.CaregiversNS.org](http://www.CaregiversNS.org)