

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: 2nd Thursday of each month
from 1:30 to 3:30 pm

WHERE: Lunenburg County Lifestyle Centre
(Library Meeting Room)
135 North Park St., Bridgewater

FOR MORE INFORMATION:
Contact Jennifer Briand: 902.521.5592 or
1.877.488.7390

www.CaregiversNS.org