This program was made possible with the support of

Nova Scotia Department of Seniors - Positive Aging Fund

Caregivers Nova Scotia

Cumberland Aging Well Network

Community Links

Nova Scotia Health Authority

- Continuing Care
- Primary Care
- Public Health
- Mental Health & Addictions
 Services

Community Health Boards

- SPAR
- SOAR
- Pugwash and Region

Municipality of Cumberland

Town of Amherst

Senior Safety Program

Victorian Order of Nurses

This program was funded by a Positive Aging grant from the Nova Scotia Department of Seniors

Location of Cumberland Retreats

Port Greville, Fire Hall 8484 Highway #209

Amherst Trinity-St Stephen's United Church, 1 Ratchford Street

Springhill Senior Citizen's Centre, 4 McDougal Street

> For more information please contact Caregivers Nova Scotia Toll Free 1-877-488-7390













Caring for the Caregiver



Day Retreat 2015 Locations & Dates

Port Greville - October 14 Amherst - October 21 Springhill - October 28

9:00 am-4:00 pm



"Life has taught me that respect, caring and love must be shared, for it's only through sharing that friendships are born."

Donna A Favors

Relax ...

Your Mind and Body

- Massages
- Mini Pedicures
- Chat with fellow caregivers

Restore... Your Inner Peace

- Guided Meditation
- Caregiver Support
- Local Resources
- Support Networks
- Friendship

Ren<mark>ew...
Your Spirit</mark>

- Music
- Nature
- Food



A day fo<mark>r caregivers to...</mark>

Restore...

Re<mark>lax...</mark>

Renew...

9:00- 9:30	Welcome, Relax with a Coffee/Tea
9:30- 10:00	A Morning Stretch
10:00- 11:15	Caring for Yourself ~ Talking with Friends & Family
11:15-11:30	Break

Restore with ...

- 11:30-1:00 Continuing Care 101
 - Local Resources Available to You
 - Accessing Community Supports, Services and Programs
 - Keeping You Healthy

Relax with.....

1:00-2:00	Lunch
Renew	with
2:00-2:30	Nature Walk or Music
2:30-3:45	Guided Meditation, Mini Pedicures, Scalp Massages
3:45-4:00	Until We Meet Again (Door Prizes, Grab Bags, Evaluations)



Caregivers Nova Scotia is a non-profit organization serving unpaid caregivers - the family member or friend who gives care to a loved one. All programs and services are free, including:

- Email & Telephone Support
- Support Groups
- Health Information & Navigation
- Educational Workshops
- Help finding resources & services

For more information, please contact Cindie Smith, Caregiver Support Coordinator for Cumberland County at 902-324-2273, or toll free at

1-877-488-7390 or at Northern@CaregiversNS.org

NOTES: