

**Are you giving care to a loved one  
who has a life-limiting illness?**

Caregivers Nova Scotia is introducing

# Caregiver Tele-Connect

CTC is a 4-week facilitated telephone support group for people giving care to a loved one who has a life-limiting illness.

This may include cancer, heart disease, COPD, kidney or liver disease, dementia or other neurodegenerative diseases.

This initiative can help you discuss your concerns about caregiving and share with others on a similar journey, prepare for transitions in the road ahead, and discover useful resources.

For more information,  
please contact  
1.877.488.7390 or  
[Info@CaregiversNS.org](mailto:Info@CaregiversNS.org)

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**Caregivers**  
Nova Scotia  
for friends and family giving care