

# Caregiver Tele-Group Support



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 telephone-based support group offers a friendly and confidential atmosphere where you can discuss your experiences, and receive helpful information in a supportive environment, all from the comfort of your home. There are no long distance charges.

We meet via telephone on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month from 1:30 – 3:30 pm.

For more information please call  
Cindie Smith at 902.324.2273  
or 1.877.488.7390  
[www.CaregiversNS.org](http://www.CaregiversNS.org)