

# 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:** 3<sup>rd</sup> or 4<sup>th</sup> Wednesday\*  
of each month from 1:30 to 3:30 pm  
\*please contact facilitator to confirm

**WHERE:** Annapolis Royal Community  
Health Centre (Board Room)  
821 St. George Street  
Annapolis Royal

**FOR MORE INFORMATION:**  
Contact Jennine Wilson:  
902.680.8706 or 1.877.488.7390