

# Caregiver Support Group



Our free support group offers a confidential, friendly atmosphere for you to discuss your experiences, and receive helpful information in a supportive environment.

**WHEN:** The 1st Wednesday of each month from 10:00 am to 12:00 pm

**WHERE:** Annapolis Royal Library  
(Community Room)  
143 Ritchie St.  
Annapolis Royal

**FOR MORE INFORMATION:**

Contact Jennine Wilson:  
902.680.8706 or 1.877.488.7390

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!**