

# Caregiver Support Group



## Antigonish



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!**

Please call to  
register

Our free support group is facilitated by a trained staff member.

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

**WHEN:** 2nd Wednesday of each month  
from 1:15 to 3:00 pm

**WHERE:** The People's Place Library  
Community Room,  
283 Main St, Antigonish

**FOR MORE INFORMATION:**

Contact Leanne Taylor at  
902.229.8464 or 1.877.488.7390  
[www.CaregiversNS.org](http://www.CaregiversNS.org)