



Caregiver Support Group Antigonish

Do you provide **unpaid care** to a friend or a relative due to chronic illness, advanced age, frailty or a disability? **You are not alone!**

Our **free support group**, facilitated by a trained specialist, offers a confidential, supportive and friendly atmosphere to discuss your experiences and receive helpful information.

DAY	TIME	LOCATION
Second Wednesday of every month	1:15 - 3:30 pm	The People's Place Library, 283 Main Street, Meeting Room

Contact **Leanne Taylor** to find out more and register
902.229.8464 or 1.877.488.7390
Northern@CaregiversNS.org

Registration
required

www.CaregiversNS.org


Caregivers
Nova Scotia
for friends and family giving care