

# Caregiver Support Group



## Bedford



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 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:** Last Wednesday of each month  
from 6:30 pm to 8:30 pm

**WHERE:** Ivany Place  
123 Gary Martin Drive, Bedford

**FOR MORE INFORMATION:**  
Contact Lynn Butler: 902.421.7390

[www.CaregiversNS.org](http://www.CaregiversNS.org)