

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 6:00 pm to 7:30 pm

WHERE: Bedford Library
15 Dartmouth Road, Bedford

FOR MORE INFORMATION:
Contact Therese Henman-Phillips:
902.412.7084

www.CaregiversNS.org