

Caregiver Support Group



Bridgewater



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: 2nd Thursday of each month
from 1:30 pm to 3:30 pm

WHERE: Lunenburg County Lifestyle Centre
(Library Meeting Room)
135 North Park St., Bridgewater

FOR MORE INFORMATION:

Contact Nicole Byers at
902.514.1281 or
1.877.488.7390

www.CaregiversNS.org