

***This program was made possible with the support of***

Nova Scotia Department of Seniors  
- Positive Aging Fund

Caregivers Nova Scotia

Cumberland Aging Well Network

Community Links

Nova Scotia Health Authority

- *Continuing Care*
- *Primary Care*
- *Public Health*
- *Mental Health & Addictions Services*

Community Health Boards

- *SPAR*
- *SOAR*
- *Pugwash and Region*

Municipality of Cumberland

Town of Amherst

Senior Safety Program

Victorian Order of Nurses

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*Location of Cumberland Retreats*

Port Greville, Fire Hall  
*8484 Highway #209*

Amherst Trinity-St Stephen's United Church, *1 Ratchford Street*

Springhill Senior Citizen's Centre,  
*4 McDougal Street*

*For more information please contact Caregivers Nova Scotia  
Toll Free 1-877-488-7390*



# Caring for the Caregiver



## Day Retreat 2015 Locations & Dates

Port Greville - October 14  
Amherst - October 21  
Springhill - October 28

**9:00 am-4:00 pm**



*"Life has taught me that respect, caring and love must be shared, for it's only through sharing that friendships are born."*

Donna A Favors

