



# Caregivers Nova Scotia

for friends and family giving care

*“So glad you are there.  
I don’t know how I would have  
gotten through this without you.”*

– CNS caregiver client

Caregivers Nova Scotia is a non-profit organization providing **FREE** programs, services, information, and advocacy for unpaid, friend and family caregivers.

Phone: 902.421.7390 or

1.877.488.7390

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



Caregivers Nova Scotia Association  
3433 Dutch Village Road  
Halifax, NS B3N 2S7

# Our Programs & Services

**Phone & Email Support** – Need to talk about your caregiving challenges with someone who is objective, non-judgmental, and will honour your privacy? Our caregiver support lines are open Monday through Friday from 9:00 am – 4:30 pm. All of our Staff are or have been caregivers.

## **Healthcare Navigation and Information**

Accessing the healthcare system, government programs, and community supports can be confusing, especially when you are feeling stressed. We can help you prioritize your needs, identify your options, and find answers to your questions while offering support and encouragement.

**Peer Support Groups** – We offer free, confidential Caregiver Support Groups in 20 locations throughout Nova Scotia. Our groups focus on you, the caregiver, and how you are coping with your caregiving role. No one understands a caregiver like another caregiver.

**Educational Workshops** – We provide free workshops on a variety of topics including:

- Caregiver Stress Management
- Safe Medicines for Seniors & Caregivers
- Brushing Up on Mouth Care
- Advance Care Planning for Caregivers:  
Getting Started

**Resources** – Check out our *Where to Begin* guide, *The Caregiver's Handbook*, as well as many other resources by calling 1.877.488.7390 or on our website at [www.CaregiversNS.org](http://www.CaregiversNS.org).