

# Caregiver Support Group



# Chester



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:** 3rd Thursday of each month  
from 1:30 pm to 3:30 pm

**WHERE:** The Community Room at  
Our Health Centre  
3769 Highway #3  
Chester

**FOR MORE INFORMATION:**  
Call Nicole Byers at 902.514.1281 or  
1.877.488.7390

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