

# 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  
a chronic illness ?  
a mental illness ?  
a disability ?

**Please call to  
register**

## 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 Sheila Landry at 902.514.1281 or  
Email: [Western@CaregiversNS.org](mailto:Western@CaregiversNS.org)