



Caregiver Support Group

Cole Harbour

Do you provide **unpaid care** to a friend or a relative due to chronic illness, advanced age, frailty or a disability? **You are not alone!**

Our **free support group**, facilitated by a trained specialist, offers a confidential, supportive and friendly atmosphere to discuss your experiences and receive helpful information.

DAY

First Thursday of
each month

TIME

2:00 - 4:00 pm

LOCATION

Cole Harbour Place,
Montague Room

Contact **Ben Robertson** to find out more and register
902.817.9268 or Outreach@CaregiversNS.org

Registration required

www.CaregiversNS.org