

Caregiver Support Groups

❖

Dartmouth

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 groups are facilitated by a trained staff member.

They offer a confidential, friendly atmosphere for you to discuss your experiences, and receive helpful information in a supportive environment.

Dartmouth - 1

1st Wednesday of each month
from 1:00pm – 3:00pm

Location: Woodlawn Library
31 Eisener Boulevard, Dartmouth

Dartmouth - 2

3rd Wednesday of each month
from 1:00pm – 3:00pm

Location: Woodlawn Library
31 Eisener Boulevard, Dartmouth

For more information:

Call Therese Henman-Phillips at
902.412.7084
www.CaregiversNS.org