

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.

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

Location: Community Health Team
58 Takoma Dr #102, Dartmouth

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

Location: Community Health Team
58 Takoma Dr #102, Dartmouth

**Please call to
register**

For more information:

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