

# Caregiver Support Group

❖

## Digby



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:** The 1st Wednesday  
of each month from 1:30 to 3:30 pm

**WHERE:** Digby Royal Canadian Legion  
92 Mount St.  
Digby

**FOR MORE INFORMATION:**  
Contact Jennine Wilson:  
902.680.8706 or 1.877.488.7390

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