

# Caregiver Support Group

✦

## Eastern Passage



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 ?

**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:** 2nd Wednesday of each month  
from 10:00 am to 12:00 pm

**WHERE:** Royal Canadian Legion  
Caen Branch 164 – main floor  
1341 Main Road, Eastern Passage

**FOR MORE INFORMATION:**

Call 902.421.7390  
[www.CaregiversNS.org](http://www.CaregiversNS.org)