

# Caregiver Support Group



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

**WHEN:** The 3<sup>rd</sup> Tuesday of each month  
from 1:00 to 3:00 pm

**WHERE:** Sobeys Community Room  
144 Reserve St, Glace Bay

**FOR MORE INFORMATION:**  
Contact Maggie Roach-Ganaway at  
902.371.3883 or 1.877.488.7390