

Caregiver Support Groups

Capital Region

BEDFORD

DAY

Last Wednesday
of every month

TIME

6:00 - 7:30 p.m.

LOCATION

1658 Bedford Hw Main,
Floor Suite 50

COLE HARBOUR

DAY

First Thursday
of every month

TIME

2:00 - 4:00 p.m.

LOCATION

51 Forest Hills Pkwy,
Montague Room

DARTMOUTH

DAY

First Wednesday
Third Wednesday
of every month

TIME

1:00 - 3:00 p.m.
1:00 - 3:00 pm

LOCATION

58 Tacoma Drive #102
54 Woodlawn Rd

HALIFAX NORTH END

DAY

First Thursday
of every month

TIME

1:00 - 3:00 p.m.

LOCATION

Halifax Shopping Centre,
Entrance 2

HALIFAX SPRYFIELD

DAY

Third Wednesday
of every month

TIME

1:00 - 3:00 p.m.

LOCATION

16 Dentith Road, Room
183

HALIFAX TANTALLON

DAY

Fourth Thursday
of every month

TIME

2:00 - 4:00 p.m.

LOCATION

3646 Hammonds Plains
Road

MUSQUODOBOIT HARBOUR

DAY

Third Wednesday of
each month

TIME

2:00 - 4:00 p.m.

LOCATION

7900 Nova Scotia
Trunk 7

VIRTUAL

DAY

Second Thursday
of every month

TIME

1:00 - 3:00 p.m.

LOCATION

Zoom

Please **contact us** to find out more and register
1.877.488.7390 or Info@CaregiversNS.org

**Registration
required**

www.CaregiversNS.org