Caregiver Support Groups

Capital Region

Our free support groups are facilitated by a trained staff member. They offer a confidential, friendly atmosphere where
you can talk with other caregivers about your experiences.

Bedford

Last Wednesday of each month from 6:00 pm – 7:30 pm
Location: Bedford Library, 15 Dartmouth Road, Bedford

Dartmouth

1st Wednesday of each month from 1:00 pm – 3:00 pm
Location: Woodlawn Library, 31 Eisener Boulevard, Dartmouth
&
3rd Wednesday of each month from 1:00 pm – 3:00 pm
Location: Woodlawn Library, 31 Eisener Boulevard, Dartmouth

Lower Sackville

2nd Wednesday of each month from 1:00 pm – 3:00 pm
Location: Sackville Public Library - Fenerty 1, 636 Sackville Drive, Lower Sackville

Halifax - North End

1st Thursday of each month from 1:00 pm – 3:00 pm
Location: Young Tower, 6080 Young Street, Suite 105, Halifax

Halifax - Spryfield

3rd Wednesday of each month from 1:00 pm – 3:00 pm
Location: Spryfield Wellness Centre, Room 183, 16 Dentith Road, Halifax

Halifax - Tantallon

4th Thursday of each month from 2:00 pm – 4:00 pm
Location: Tantallon Public Library, 3646 Hammonds Plains Road, Upper Tantallon

Virtual Support Group

2nd Thursday of each month from 1:00 pm – 3:00 pm
Via Zoom

Please contact us for more information or to register:
902.421.7390 | Toll-free: 1.877.488.7390 | Info@CaregiversNS.org

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