

## 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 6:30 pm – 8:00 pm  
**Location:** Ivany Place, 123 Gary Martin Drive, Bedford

### Dartmouth

**1<sup>st</sup> Wednesday** of each month from 1:00 pm – 3:00 pm  
**Location:** East Dartmouth Community Centre, 50 Caledonia Road  
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**3<sup>rd</sup> Wednesday** of each month from 1:00 pm – 3:00 pm  
**Location:** East Dartmouth Community Centre, 50 Caledonia Road

### Lower Sackville

**3<sup>rd</sup> Thursday** of each month from 2:00 pm – 4:00 pm  
**Location:** The Sagewood Community Care Facility  
345 Cobequid Road, Lower Sackville

### Halifax – Fairview

**2<sup>nd</sup> Tuesday** of each month from 10:30 am – 12:00 pm  
**Location:** 3433 Dutch Village Road, Suite 2

### Halifax – North End

**2<sup>nd</sup> Thursday** of each month from 2:00 pm – 4:00 pm  
**Location:** Young Tower, 6080 Young Street, Suite 105

### Halifax – Spryfield

**3<sup>rd</sup> Tuesday** of each month from 1:00 pm – 3:00 pm  
**Location:** Spryfield Wellness Centre, Room 169, 16 Dentith Road

**Please contact us for more information or to register:**  
902.421.7390 | Toll-free: 1.877.488.7390 | [Info@CaregiversNS.org](mailto:Info@CaregiversNS.org)