

Caregiver Support Group

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Kentville



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 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: The 2nd Thursday
of each month from 2:00 pm to 4:00 pm

WHERE: Kentville Recreation Centre
354 Main St.
(Lower level, door on Main St.)
Kentville, NS

FOR MORE INFORMATION:
Contact Jennine Wilson:
902.680.8706 or 1.877.488.7390

www.CaregiversNS.org