

Caregiver Support Group



Kingston



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: 1st Thursday of each month
from 1:30 to 3:30 pm

WHERE: Kingston United Church
733 Main St., Kingston
(Ramp to access room at side of church)

FOR MORE INFORMATION:
Contact Jennine Wilson:
902.680.8706 or 1.877.488.7390