Caregivers
Nova Scotia
for friends and family giving care

Caregiver Support Group ❖ Lower Sackville

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: 3rd Thursday of each month from 2:00 to 4:00 pm

WHERE: The Sagewood Community Care Facility
345 Cobequid Road, Lower Sackville

FOR MORE INFORMATION:
Contact Therese Henman-Phillips:
902.421.7390

www.CaregiversNS.org

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