

Caregiver Support Group

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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 ?

**Please call to
register**

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: 2nd Wednesday of each month
from 1:00 to 3:00 pm

WHERE: Sackville High Community Centre
45 Connolly Road, Sackville

FOR MORE INFORMATION:
Contact Therese Henman-Phillips at
902.412.7084
www.CaregiversNS.org