

Caregiver Support Group



Middleton



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 12:30 to 2:30 pm

WHERE: CORAH (Centre of Rural Aging
and Health) NSCC Middleton Campus
295 Commercial St., Middleton

**For more INFORMATION and to
REGISTER:**

Contact Jennine Wilson:
902.680.8706 or 1.877.488.7390