

# Caregiver Support Group



## Musquodoboit Harbour



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:** 3rd Thursday of each month  
from 10:00 am to 12:00 pm

**WHERE:** The Old School Gathering Place  
7962 Highway 7  
Musquodoboit Harbour

**FOR MORE INFORMATION:**

Contact Lisa Knocton at  
782.321.5744 or  
[EasternHRM@CaregiversNS.org](mailto:EasternHRM@CaregiversNS.org)

[www.CaregiversNS.org](http://www.CaregiversNS.org)