



Caregiver Support Group

Halifax - Spryfield

Do you provide **unpaid care** to a friend or a relative due to chronic illness, advanced age, frailty or a disability? **You are not alone!**

Our **free support group**, facilitated by a trained specialist, offers a confidential, supportive and friendly atmosphere to discuss your experiences and receive helpful information.

DAY	TIME	LOCATION
Third Wednesday of every month	1:00 - 3:00 pm	Community Wellness Centre, 16 Dentith Road, Room 169

Contact **Héloïse Muller** to find out more and register
782.414.3866 or Halifax@CaregiversNS.org

Registration
required

www.CaregiversNS.org


Caregivers
Nova Scotia
for friends and family giving care