



Caregiver Support Group

Halifax - Tantallon

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
Fourth Thursday of every month	2:00 - 4:00 pm	Tantallon Public Library, 3646 Hammonds Plains Road

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