

Caregiver Support Group



Halifax - North End



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: 2nd Thursday of each month
from 2:00 pm to 4:00 pm

WHERE: Young Tower
6080 Young Street, Suite 105
Halifax

FOR MORE INFORMATION:
Call Brenda Sangster at 902.421.7390
or visit: www.CaregiversNS.org