

# 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 JoAnne Connors at 902.421.7390  
or visit: [www.CaregiversNS.org](http://www.CaregiversNS.org)