

Caregiver Support Group



Port Hawkesbury



Our free support group offers a confidential, friendly atmosphere for you to discuss your experiences, and receive helpful information in a supportive environment.

WHEN: 1st Wednesday of each month
from 1:00 pm to 3:00 pm

WHERE: Port Hawkesbury Civic Center
(Arts & Crafts Room - Main Floor,
beside the Art Gallery)
606 Reeves St,
Port Hawkesbury

FOR MORE INFORMATION:

Call Lyn Stuart
902.595.0128 or 1.877.488.7390

www.CaregiversNS.org

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!