

Caregiver Support Group



Porters Lake



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: 1st Tuesday of each month
from 10:00 am to 12:00 pm

WHERE: The Multipurpose Room at
Lake and Shore Recreation Centre
40 Inspiration Drive
Porters Lake

FOR MORE INFORMATION:
Call Catherine Parent at 902.402.0452 or
1.877.488.7390

www.CaregiversNS.org