

Caregiver Support Groups



Valley Region

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 groups are facilitated by a trained staff member. They offer a confidential, friendly atmosphere for you to discuss your experiences and receive helpful information in a supportive environment.

Digby

1st Wednesday of each month from
1:30 pm – 3:30 pm

Location: Digby Royal Canadian Legion
92 Mount St., Digby

Middleton

1st Thursday of each month from
12:30 pm – 2:30 pm

Location: CORAH (Centre of Rural Aging and Health)
NSCC Middleton Campus
295 Commercial St., Middleton

New Minas

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

Location: New Minas Baptist Church
9453 Commercial St., New Minas

Windsor

2nd Tuesday of each month from
2:00 pm – 4:00 pm

Location: Cedar Centre
69 Cedar St., Windsor

For more information:

Contact Jennine Wilson at
902.680.8706 or 1.877.488.7390
www.CaregiversNS.org