

# 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**

1<sup>st</sup> Wednesday of each month from

1:30 pm – 3:30 pm

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

### **Middleton**

1<sup>st</sup> 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

### **Kentville**

2<sup>nd</sup> Thursday of each month from

2:00 pm – 4:00 pm

Location: Kentville Recreation Centre  
354 Main St., Kentville

### **Windsor**

2<sup>nd</sup> 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](http://www.CaregiversNS.org)