

Caregiver Support Groups



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

Baddeck

1st Thursday of each month from
10:00am – 12:00pm
Location: Greenwood United Church
98 Twining St., Baddeck

Glace Bay

3rd Tuesday of each month from
1:00pm – 3:00pm
Location: Sobeys Community Room
144 Reserve St., Glace Bay

Inverness

1st Thursday of each month from
1:30pm – 3:30pm
Location: Inverary Manor (Ned's Room)
39 James St., Inverness

Sydney

3rd Wednesday of each month from
1:00pm – 3:00pm
Location: Whitney Pier Seniors & Pensioners Club
50 Breton St., Whitney Pier, Sydney

For more information:

Call Maggie Roach-Ganaway at
902.371.3883 or 1.877.488.7390
www.CaregiversNS.org