

Caregiver Support Groups

❖

Dartmouth

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!

For more information:

Call Therese Henman-Phillips at
902.421.7390 or 1.877.488.7390
www.CaregiversNS.org

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.

Dartmouth - 1

1st Wednesday of each month
from 1:00pm – 3:00pm
Location: East Dartmouth
Community Centre
50 Caledonia Rd., Dartmouth

Dartmouth - 2

3rd Wednesday of each month
from 1:00pm – 3:00pm
Location: East Dartmouth
Community Centre
50 Caledonia Rd., Dartmouth