

Caregiver Support Groups



Eastern HRM 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 ?

**Please call
to register**

You are not alone!

**For more information:
Contact Lisa Knocton at
782.321.5744 or
EasternHRM@CaregiversNS.org
www.CaregiversNS.org**

Our free support group is 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.

Cole Harbour/Eastern Passage

When: 3rd Wednesday of each month from
10:00am – 12:00pm

Location: Cole Harbour Place
51 Forest Hills Parkway
Cole Harbour NS
2nd Floor, Montague Room

Musquodoboit Harbour

When: 3rd Thursday of each month from
10:00am – 12:00pm

Location: The Old School Gathering Place
7962 Highway 7, Musquodoboit Harbour