

Caregiver Support Groups



Northern & Eastern Mainland 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!

For more information:

Call Cindie Smith at 902.324.2273
or 1.877.488.7390
www.CaregiversNS.org

Our support groups offer a confidential,
friendly atmosphere where you can talk with
other caregivers about your experiences.

Amherst

1st Wednesday of each month from
1:30pm – 3:30pm
Location: Christ Church Parish Hall
5 Lawrence St., Amherst

Antigonish

2nd Tuesday of each month from
1:30pm – 3:30pm
Location: The People's Place Library Kitchen,
283 Main St., Antigonish

Shubenacadie

1st Thursday of each month from
2:00pm – 4:00pm
Location: Shubenacadie United Church
2969 Hwy 2, Shubenacadie

Truro

1st Thursday of each month from
6:30pm – 8:30pm
Canadian Red Cross Office
139 Truro Heights Road, Truro Heights

Westville

2nd Tuesday of each month from
9:15 am to 11:15 am
Westville Library Community Room
2042 Queen St., Westville