

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!

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 Wednesday 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

3rd Thursday of each month from
1:00pm – 3:00pm
Canadian Red Cross Office
139 Truro Heights Road, Truro Heights

Westville

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

For more information:

Call Leanne Taylor at 902.229.8464
or 1.877.488.7390. Pre-registration is
required.

www.CaregiversNS.org