

# Caregiver Support Groups



## Western 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 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.

### **Bridgewater**

2nd Thursday of each month from  
1:30pm – 3:30pm

Location: Lunenburg County Lifestyle Centre  
135 North Park St., Bridgewater

### **Chester**

3rd Thursday of each month from  
1:30pm – 3:30pm

Location: The Community Room at  
Our Health Centre  
3769 Highway #3, Chester

### **Liverpool**

3rd Wednesday of each month from  
1:30pm – 3:30pm

Location: Community Room at Queens Place Emera  
Centre (Exit 19)  
50 Queens Place Drive, Liverpool

### **Lunenburg**

2nd Wednesday of each month from  
10:30am – 12:30pm

Location: Lunenburg Library, 1<sup>st</sup> floor  
Lunenburg Academy  
97 Kaulbach St, Lunenburg

**For more information:**  
Call Jennifer Briand at  
902.521.5592 or 1.877.488.7390  
[www.CaregiversNS.org](http://www.CaregiversNS.org)