

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 ?

**Please call to
register**

You are not alone!

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.

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

4th Wednesday of each month from
1:30pm – 3:30pm

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

For more information:

Call Sheila Landry at 902.514.1281 or
Email: Western@CaregiversNS.org