

# Caregiver Support Group



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 free support group  
offers a confidential, friendly  
atmosphere for you to discuss  
your experiences, and receive  
helpful information in  
a supportive environment.

**WHEN:** 3rd Wednesday of each month  
from 1:00 pm to 3:00 pm

**WHERE:** Whitney Pier Seniors &  
Pensioners Club, 50 Breton Street  
Sydney, NS

**FOR MORE INFORMATION:**  
Call Maggie Roach-Ganaway at  
902.371.3883 or 1.877.488.7390

[www.CaregiversNS.org](http://www.CaregiversNS.org)