

Caregiver Support Group



Sheet Harbour



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 is facilitated by a trained staff member.

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

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

WHERE: Eastern Shore Memorial Hospital
Boardroom
22637 Nova Scotia Trunk 7,
Sheet Harbour

FOR MORE INFORMATION:
Call Catherine Parent at 902.402.0452 or
1.877.488.7390

www.CaregiversNS.org