

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!

**New
Location**

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

WHEN: 1st Thursday of each month
from 2:00 to 4:00 pm

WHERE: Shubenacadie United Church,
2969 Hwy 2, Shubenacadie, NS

FOR MORE INFORMATION:
Contact Cindie Smith: 902.324.2273 or
1.877.488.7390
www.CaregiversNS.org