

# 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!**

Please call to  
register

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

**WHEN:** 1<sup>st</sup> Thursday of each month  
from 2:00 to 4:00 pm

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

**FOR MORE INFORMATION:**

Contact Leanne Taylor: 902.229.8464  
or 1.877.488.7390  
[www.CaregiversNS.org](http://www.CaregiversNS.org)