

Caregiver Support Group

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Halifax - Spryfield



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 pm to 3:00 pm

WHERE: Spryfield Wellness Centre, Rm. 169
16 Dentith Road, Spryfield

FOR MORE INFORMATION:
Call Brenda Sangster at 902.421.7390
or visit: www.CaregiversNS.org