

Caregiver Support Group



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 ?

**Please call to
register**

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 Wednesday of each month
from 1:00 pm to 3:00 pm

WHERE: Spryfield Wellness Centre
Room183, 16 Dentith Road, Halifax

FOR MORE INFORMATION:
Contact JoAnne Connors at
902.421.7390 or Halifax@CaregiversNS.org
www.CaregiversNS.org