

Caregiver Tele-Group Support



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 telephone-based support group is facilitated by a trained staff member. It offers a friendly and confidential atmosphere where you can discuss your experiences and receive helpful information in a supportive environment, all from the comfort of your home. There are no long-distance charges.

We meet via telephone on the 1st Tuesday of each month from 2:00 – 4:00 pm.

For more information please call Jennine Wilson at 902.680.8706 or 1.877.488.7390

www.CaregiversNS.org