

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!

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

WHEN: 3rd Thursday of each month
from 1:00 to 3:00 pm

WHERE: Canadian Red Cross office
139 Truro Heights Road, Truro Heights

FOR MORE INFORMATION:
Contact Leanne Taylor: 902.229.8464
or 1.877.488.7390

www.CaregiversNS.org