

# 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:** 2<sup>nd</sup> Wednesday of each month  
from 9:15 to 11:15 am

**WHERE:** Westville Library  
Community Room  
2042 Queen St, Westville

**FOR MORE INFORMATION:**

Contact Leanne Taylor: 902.229.8464  
or 1.877.488.7390. Pre-registration is  
required.