

## Caregivers Nova Scotia changes in operations in response to COVID-19:

All Caregiver Support Groups are now being offered virtually through tele-conferencing or via video-conferencing. Support Group times may vary, contact the coordinator in your area for specific times and details. See contact information below. *Please note due to the virtual nature of these support groups it is essential the coordinator is aware in advance that you will be joining the meeting.*

All Caregivers Nova Scotia staff are working remotely from home. Staff are available by phone and email during regular business hours (9:00 am to 4:30 pm M-F) to offer telephone or email support, information, and resources to caregivers.

Our website [www.caregiversns.org](http://www.caregiversns.org) is an excellent resource and we are continually working to keep information up to date and adding new services as we learn of them.

We are still here, and available, and will continue to provide support to caregivers in Nova Scotia.

### Capital Region:

**Therese Henman-Phillips** (Dart., Bedford, Sackville)  
T: 902.421.7390 E: [Support@CaregiversNS.org](mailto:Support@CaregiversNS.org)

**Catherine Parent** (Eastern HRM)  
T: 902.402.0452 E: [EasternHRM@CaregiversNS.org](mailto:EasternHRM@CaregiversNS.org)

**Brenda Sangster** (Halifax, Spryfield)  
T: 902.421.7390 E: [Projects@CaregiversNS.org](mailto:Projects@CaregiversNS.org)

Cape Breton Region:  
**Maggie Roach-Ganaway**  
T: 902.371.3883 E: [CapeBreton@CaregiversNS.org](mailto:CapeBreton@CaregiversNS.org)

### Northern and Eastern Mainland:

**Leanne Taylor**  
T: 902.229.8464 E: [Northern@CaregiversNS.org](mailto:Northern@CaregiversNS.org)

Valley Region:  
**Jennine Wilson**  
T: 902.680.8706 E: [Valley@CaregiversNS.org](mailto:Valley@CaregiversNS.org)

Western Region:  
**Jennifer Briand**  
T: 902.398.2525 E: [Western@CaregiversNS.org](mailto:Western@CaregiversNS.org)