

# 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:** 1<sup>st</sup> Wednesday of each month  
from 1:30 pm to 3:30 pm

**WHERE:** Aspotogan Heritage Trust  
10 Pte. Richard Green Lane  
Hubbards, NS

**FOR MORE INFORMATION:**  
Call Jennifer Briand at 902.521.5592 or  
1.877.488.7390

[www.CaregiversNS.org](http://www.CaregiversNS.org)