



Caregiver Support Group

Place: Thunder Bay 55 Plus Centre

Time: 1:30 – 3:00 p.m.

Date: February 16th, 2017

Are you looking after a relative, friend or neighbour that is sick, frail or disabled? The demands of caregiving can be overwhelming and you're likely to face a host of new responsibilities, many of which are unfamiliar or intimidating. **It helps to know you're not alone and it's comforting to give as well as receive support from others who understand what you're going through.**

For further information please contact Twyla Biluk,
Support Services Coordinator, at 684-3471

