



# Caregiver Support Group

Place: Thunder Bay 55 Plus Centre

Time: 1:30 - 3:30 p.m.

Date: 3<sup>rd</sup> Wednesday of every month

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

