



Caregiver Support Group

Community Support Services

Making Community Matter

When: The 1st Wednesday of each month from 1:30-3:30pm

Where: 6 McPherson St. Minden, in the Auditorium
(Door located by the LTC entrance of the hospital)

Are you a caregiver in need of assistance to undertake and maintain your caregiver role?

- Join us in working together to reduce feelings of loneliness, isolation, depression, anxiety, and stress.
- Gain a sense of empowerment, healthy coping skills, and setting healthy boundaries.
- Share advice and information on experiences,
- Practical solutions, and how to prepare for the unexpected.

**To register, please call at Community Support Services
705-457-2941**

Community Support Services
P.O. Box 956, Haliburton, ON K0M 1S0

Tel 705-457-2941 or 1-855-285-2944

www.hhhs.ca