



Caregiver Support Group

Community Support Services Making Community Matter

In addition to our Caregiver Support Group, we are equally proud to be offering a simultaneous respite social recreation program.

When BEGINNING November 16th

Every 1st & 3rd Wednesday of the month from 1:30-3:30pm

Where 6 McPherson St. Minden, in the Auditorium

(Door located by the LTC entrance of the hospital)

The Details

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 Community Support Services at
705-457-2941 ext.2265

Community Support Services

7185 Gelert Road, P.O. Box 956, Haliburton, ON K0M 1S0

Tel 705-457-2941 ext. 2265/1-855-285-2944

www.hhhs.ca