

# Caregiver's Group

STARTING SEPTEMBER 22, 2020

FREDERICTON/OROMOCTO



CAPITAL REGION  
MENTAL HEALTH & ADDICTIONS

*This is a support group for caregivers of individuals' living with mental illness. Opportunities will be provided to share your experiences as a caregiver, whether you are a friend or family member, and mutually support one another. A trained facilitator will be present to guide conversation, prepare material, and to provide resources to group participants.*

*Meetings will be held virtually on  
the third Tuesday of each month  
6:30 PM - 8:00 PM*

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*To register please contact us*

*Phone: 458-1803*

*Email: [office@crmhaa.ca](mailto:office@crmhaa.ca)*



**United Way / Centraide**

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**Canada** 