



*Leaders in Innovative Rural Health Care*

# 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 Angela at Community Support Services**

**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](http://www.hhhs.ca)