



FREE FAMILY CAREGIVER SUPPORT GROUP

— AT —
Mount Pleasant
Neighbourhood House

"Anytime I feel overwhelmed with the needs of my Mother I just think of the group and look forward to the warm support and caring kindness. Thank you"
— Support Group Facilitator

EVERY 2ND WEDNESDAY OF THE MONTH

Starting Wednesday
10th October 2018

800 East Broadway,
Vancouver BC

Unceded Coast
Salish Territory

6 PM - 7:30 PM

We gratefully acknowledge funding by:



Family Caregivers
of British Columbia



ASSOCIATION OF
NEIGHBOURHOOD
HOUSES BC



MPNH
Mount Pleasant
Neighbourhood House

Are you providing care for a relative, partner, friend or neighbour with a chronic or disabling condition who you have a significant personal relationship with?

Join us for the Family Caregiver Support Group.

Come share your experiences and concerns. Get help navigating the healthcare system & get your questions answered. Lots of information and resources available. Being part of a support group can help caregivers feel less isolated and provide the opportunity for mutual support. This group is open to all family caregivers. No registrations are required.

For more information, please contact Tracy Lynch at
TLynch@mpnh.org or call 604.879.8208 ext 107

www.mpnh.org/seniors