

# Family & Friends Caregivers Support Group

**Exhausted? Stressed?  
Feeling alone, at times, discouraged?**

Find comfort in sharing your situation with other caregivers in a safe and supportive environment, right here in Central Saanich.

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**3rd Monday of the month**

**2:30 pm to 4 pm**

**The Centre for Active Living**

**1229 Clarke Road**

**(beside Brentwood Bay Library)**

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**Register: Jane McIntosh at 778-351-1446**

**Mark your calendar!**

