



# CAREGIVER SUPPORT GROUPS



Are you a friend or family member who provides unpaid care for an adult or senior?

Are you looking for a safe and confidential group to share your experiences and challenges with other unpaid caregivers?

Are you looking for other resources or workshops to help and support you with this important role?



BURNABY'S CAREGIVER SUPPORT PROGRAM IS FUNDED BY BC COMMUNITY GAMING GRANT AND THE GOVERNMENT OF BC, MANAGED BY UNITED WAY OF BC AND SUPPORTED BY FAMILY CAREGIVERS OF BC



Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island



When: 2nd and 4th Monday of every month

Time: 6:00-8:00PM

Where: by Zoom

Other groups opening soon!

For more information, contact Kathy 236.885.7303 or [kathyb@burnabynh.ca](mailto:kathyb@burnabynh.ca)

.....>  
Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kwikwəʔəm), Squamish (Sḵwəxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.