



IN-PERSON FAMILY/FRIEND CAREGIVER SUPPORT GROUPS

ARE YOU A FAMILY/FRIEND CAREGIVER, CARING FOR SOMEONE 55+? ARE YOU FEELING OVERWHELMED, ISOLATED, OR ALONE? WE ARE HERE TO SUPPORT YOU!

WE PROVIDE WELCOMING SAFE SPACES FOR CAREGIVERS TO SHARE THEIR JOYS AND CHALLENGES OF CAREGIVING. IT IS ALSO A GREAT SPACE TO LEARN ABOUT LOCAL AND PROVINCIAL RESOURCES TO ASSIST YOU WITH YOUR ROLE AS A CAREGIVER.

JOIN ONE OF OUR MANY GROUPS LISTED BELOW.

CAN'T ATTEND AN IN-PERSON GROUP? NO WORRIES, WE ALSO HAVE AN ONLINE EVENING GROUP (SEE ONLINE POSTER).

NEW DENVER AND AREA: Bi-weekly on Thursdays from 11:00-1:00pm
Contact newdenver@wkbcaregiver.org

NELSON AND AREA: Every second Wednesday of the month from 2:30-4:00pm
-Contact info@wkbcaregiver.org

GRAND FORKS AND AREA: Coming soon-Contact grandforks@wkbcaregiver.org

TRAIL AND AREA: Coming soon-Contact trail@wkbcaregiver.org

CASTLEGAR AND AREA: Coming soon-Contact Castlegar@wkbcaregiver.org

EAST SHORE AND AREA: Coming soon-Contact info@wkbcaregiver.org

*YOU CAN ALSO CALL 1-888-212-2337 FOR MORE INFO OR TO JOIN A GROUP.



United Way
British Columbia

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