



**FREE Caregiver Support  
Group in Milton on the first  
Tuesday of every month  
from 1:30-3:00 pm.**

*Caregivers are often the casualties, the hidden victims. No one sees the sacrifices they make.*  
~Judith L. London

**45 Martin St., Milton**

***Caregiving can take its toll on loved ones. Find a haven through a monthly support GROUP available FREE.***

Each month, guest speakers will present relevant topics to caregivers and have an open discussion time to share personal situations within caregiving roles. **This support group is being offered FREE within the Halton community.** Topics of discussion will appeal to caregivers of varying roles and circumstances, and will be of a different, pertinent nature, each month.

For more information and to RSVP, contact:

**Home Care Assistance**

**905-337-1200** or

**dhilton@homecareassistance.com**

**www.homecareassistanceoakville.ca**



**MARTINDALE GARDENS**  
RETIREMENT RESIDENCE

***Taking care of the community, one family at a time!***