



**MONTREAL
LAVAL**

SUPPORT GROUP FOR NATURAL CAREGIVERS

providing assistance to people with Parkinson's disease

If you provide support to a spouse, family member or friend: you are a natural caregiver.

A SPACE AVAILABLE TO CAREGIVERS SO THAT THEY MAY:

- Share what we experience
- Feel less lonely
- Take care of themselves

The group encourages an approach based on mutual aid, respect, openness and non-judgment.

Offered in collaboration with:



**MONTREAL
LAVAL**

514 868.0597
www.parkinsonmontreal-laval.ca

WHERE

St-Margaret Residential Centre,
CIUSSS West-Central of Montreal
50 Ave Hillside
Westmount, QC H3Z 3E4



WHEN

First Sunday of every month
(exceptions may apply)
1:30 PM TO 3:30 PM

LANGUAGE

English

RESPIRE

Exercises for the care receivers are provided on site by a skilled kinesiologist during the meetings

COST

FREE

MANDATORY REGISTRATION

514 868.0597
montreal-laval@parkinsonquebec.ca