



Family Caregivers of British Columbia

— Let us help —

30 YEARS

Free Caregiver Support Groups

Greater Victoria Caregiver Support Program

Victoria

Evening Caregiver Support Group

– 1st Monday of month 7-9pm

#6 – 3318 Oak St.

250-384-0408 or

cgsupport@familycaregiversbc.ca

Male Family & Friend Caregiver Support Group

– 2nd Tuesday of month 7-8:30pm

#6 – 3318 Oak St.

Contact Ben: 250-384-0408 or

bnzglr@gmail.com

Cook St. Village Caregiver Support Group

– 2nd Thursday of month 7-8:30pm

Cook St. Village Activity Centre, #1-380 Cook St.,

250-384-0408 or

cgsupport@familycaregiversbc.ca

Saanich Peninsula Caregiver Support Group

– 2nd Wednesday of month 1-2:30pm

2159 Mt. Newton X Rd., Saanichton

250-384-0408 or sol.valiquette@shaw.ca

Sidney

Sidney Caregiver Support Group

– 2nd Thursday of the month 7-9pm

Shoal Centre

10030 Resthaven Drive, Sidney

250-384-0408 or sol.valiquette@shaw.ca

Salt Spring Island

Salt Spring Island Support Group

Salt Spring Seniors Centre, Ganges

250-537-5004 or muffetmbc@yahoo.ca

Sooke

Sooke Caregiver Support Group

– TEMPORARILY ON HOLD

202-6750 Westcoast Rd., Sooke

250-384-0408 or

cgsupport@familycaregiversbc.ca

Join one of our Caregiver Support Groups to find support in the wisdom of other caregivers. We share our experiences, listen to one another and exchange information without judgement. Groups are facilitated by empathetic and compassionate volunteers who help to create a safe and confidential space for connection and sharing. For current information about each of the Greater Victoria Caregiver Support Groups:

<https://www.familycaregiversbc.ca/island-health-area-family-caregiver-support-groups/>

Support group locations and meeting times are subject to change. Please confirm meeting details with contact provided.



Family Caregivers of British Columbia

Family Caregivers of BC

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Phone: 250-384-0408

Toll Free: 1-877-520-3267

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