

# NEW Caregiver Support Groups are available in West Carleton!

WOCRC will be offering monthly Caregiver Support groups in both Carp and Fitzroy Harbour.

## Carp

3rd Friday of each month  
starting July 20th, 2018  
10:00 am – 12:00 pm  
St. James Anglican Church  
3774 Carp Road

## Fitzroy Harbour

1st Tuesday of each month  
starting Tuesday, August 7th, 2018  
10:00 am – 12:00 pm  
Bethel St. Andrews United Church  
184 Jack Lougheed Way

Respite care will be available on-site at both locations

Refreshments and a light snack will be served

Register in advance with CSS by calling 613-591-3686 ext. 333 or by emailing [css@wocrc.ca](mailto:css@wocrc.ca).



**United Way**  
**Centraide**  
Ottawa



Western Ottawa  
**Community**  
**Resource Centre**

**Centre de ressources**  
**communautaires**  
d'Ottawa ouest

Ce programme est offert en anglais seulement. Si vous souhaitez recevoir des services en français, veuillez communiquer avec le Centre de services Guigues au 613-241-1266.