

Support Groups for January 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|--|--|--------|
| 3 | 4 | 5 Young Onset Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Young Onset Carers Support Group (virtual) Monthly 6:00-7:30pm | 6 | 7 |
| 10 | 11 | 12 Young Onset Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm | 13 | 14 |
| 17 | 18 | 19 Young Onset Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm | 20 Women’s Discussion Group (virtual) biweekly 10:00-11:30 Session 1 of 6 | 21 |
| 24 | 25 | 26 Young Onset Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm | <u>27</u> | 28 |
| 31 | | <p>If you are interested in learning about and/or joining a support group, please contact our office at 519-759-7692</p> <p>For details about our support groups, please visit our website https://alzda.ca/i-am-a-caregiver-i-need-support/</p> | | |