

Support Groups for February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Virtual Caregiver support group (online) Weekly Session 1 of 4 2:00-3:30pm</p>	<p>1 Young Onset Dementia Peer Support Group (online) Weekly 1:00-2:30pm</p> <p>Young Onset Carers Support Group (virtual) Monthly 6:00-7:30pm</p>	<p>3 Adult Child Evening Support Group (online) weekly Session 3 of 4 6:30-8:00pm</p>	<p>4</p>
7	<p>8 Virtual Caregiver support group (online) Weekly Session 2 of 4 2:00-3:30pm</p>	<p>9 Young Onset Dementia Peer Support Group (online) Weekly 1:00-2:30pm</p>	<p>10 Adult Child Evening Support Group (online) weekly Session 4 of 4 6:30-8:00pm</p>	11
14	<p>15 Virtual Caregiver support group (online) Weekly Session 3 of 4 2:00-3:30pm</p>	<p>16 Young Onset Dementia Peer Support Group (online) Weekly 1:00-2:30pm</p>	17	18
21	<p>22 Virtual Caregiver support group (online) Weekly Session 4 of 4 2:00-3:30pm</p>	<p>23 Young Onset Dementia Peer Support Group (online) Weekly 1:00-2:30pm</p>	24	25
28		<p>If you are interested in learning about and/or joining a support group, please contact our office at 519-428-7771</p> <p>For details about our support groups, please visit our website https://alzda.ca/i-am-a-caregiver-i-need-support/</p>		