



## Support Groups for January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 <b>Long-term Care Support Group (virtual)</b> Monthly 10:00- 11:30am	6	7
10	11 <b>FTD Support Group (virtual)</b> Monthly 10:00-11:30 am	12 <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	13	14 <b>Oakville Caregivers Support Group (virtual)</b> Monthly 1:30-3:00pm
17	18 <b>Adult Child Support Group (virtual)</b> Monthly 6:30-8:00pm	19 <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00- 2:30pm	20 <b>Burlington Caregiver Support Group (virtual)</b> Monthly 10:30-12:00pm	21
24	25	26 <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	27	28 <b>Georgetown Caregivers Support Group (virtual)</b> Monthly 10:00-11:30am
31	<p><b>If you are interested in learning about and/or joining a support group, please contact our office at 289-837-2310</b></p> <p><b>For details about our support groups, please visit our website</b>  <a href="https://alzda.ca/i-am-a-caregiver-i-need-support/">https://alzda.ca/i-am-a-caregiver-i-need-support/</a></p>			