

## Support Groups for March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 <b>Long-term Care Support Group (virtual)</b> Monthly 10:00- 11:30am  <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm  <b>Young Onset Carers Support Group (virtual)</b> Monthly 6:00-7:30pm	3	4
7	8 <b>FTD Support Group (virtual)</b> Monthly 10:00-11:30am	9 <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	10	11 <b>Oakville Caregivers Support Group (virtual)</b> Monthly 1:30-3:00pm
14	15 <b>Adult Child Support Group (virtual)</b> Monthly 6:30-8:00pm	16 <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	17 <b>Burlington Caregiver Support Group (virtual)</b> Monthly 10:30-12:00pm	18
21	22	23 <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	24	25 <b>Georgetown Caregivers Support Group (virtual)</b> Monthly 10:00-11:30am
28	29	30 <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	31	

If you are interested in learning about and/or joining a support group, please contact our office at 289-837-2310

For details about our support groups, please visit our website

<https://alzda.ca/i-am-a-caregiver-i-need-support/>