

Support Groups for February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Young Onset Carers Support Group (virtual) Monthly 6:00-7:30pm	3 Adult Child Support Group (virtual) Session #1 of 6 6:30-8:00pm	4
7	8	9 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Long-Term Care Support Group (in-person) Session #1 of 6 1:30-3:00pm	10 Adult Child Support Group (virtual) Session #2 of 6 6:30-8:00pm	11
14	15	16 Spousal Support Group (in-person) Session #1 of 6 10:30-12:00pm Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Long-Term Care Support Group (in-person) Session #2 of 6 1:30-3:00pm	17 Adult Child Support Group (virtual) Session #3 of 6 6:30-8:00pm	18
21	22 Frontotemporal Dementia Support Group (in-person) Session #1 of 5 10:30-12:00pm	23 Spousal Support Group (in-person) Session #2 of 6 10:30-12:00pm Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Long-Term Care Support Group (in-person) Session #3 of 6 1:30-3:00pm	24 Adult Child Support Group (virtual) Session #4 of 6 6:30-8:00pm	25

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If you are interested in learning about and/or joining a support group, please contact our office at 905-529-7030

For details about our support groups, please visit our website
<https://alzda.ca/i-am-a-caregiver-i-need-support/>