

Support Groups for March 2022

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

28	29	30 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	31	
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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/>**