

## Support Groups for June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b> Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Men's Support Group (in-person) Session #4 of 6 (biweekly) 1:30-3:00pm</p> <p>Young Onset Carers Support Group (virtual) Monthly 6:00-7:30pm</p>	<p><b>2</b> Adult Child Support Group (in-person) Monthly 6:00-7:30pm</p>	<b>3</b>
<b>6</b>	<p><b>7</b> Men's Support Group (in-person) Monthly 1:30-3:00pm</p> <p>Long-Term Care Support Group (virtual) Session #4 of 6 6:00-7:30pm</p>	<p><b>8</b> Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p>	<p><b>9</b> Frontotemporal Dementia Support Group (in-person) Monthly 2:30-4:00pm</p>	<b>10</b> Women's Spousal Support Group (in-person) Monthly 2:00-3:30pm
<b>13</b>	<b>14</b>	<p><b>15</b> Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Men's Support Group (in-person) Session #5 of 6 (biweekly) 1:30-3:00pm</p>	<b>16</b>	<b>17</b>
<b>20</b>	<p><b>21</b> Long-Term Care Support Group (virtual) Session #5 of 6 6:00-7:30pm</p>	<p><b>22</b> Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p>	<b>23</b>	<b>24</b>
<b>27</b>	<b>28</b>	<p><b>29</b> Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Men's Support Group (in-person) Session #6 of 6 (biweekly) 1:30-3:00pm</p>	<b>30</b>	

**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/>**