

Support Groups for May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 CARERS Program (virtual) Session #7 of 8 1:30-3:00pm</p>	<p>3 Men's Support Group (in-person) Monthly 1:30-3:00pm</p>	<p>4 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Men's Support Group (in-person) Session #2 of 6 (biweekly) 1:30-3:00pm</p> <p>Young Onset Carers Support Group (virtual) Monthly 6:00-7:30pm</p>	<p>5 Adult child Support Group (in-person) Monthly 6:00-7:30pm</p>	<p>6</p>
<p>9 CARERS Program (virtual) Session #8 of 8 1:30-3:00pm</p>	<p>10 Long-Term Care Support Group (virtual) Session #2 of 6 6:00-7:30pm</p>	<p>11 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p>	<p>12 Frontotemporal Dementia Support Group (in-person) Monthly 2:30-4:00pm</p>	<p>13 Women's Spousal Support Group (in-person) Monthly 2:00-3:30pm</p>
<p>16</p>	<p>17</p>	<p>18 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Men's Support Group (in-person) Session #3 of 6 (biweekly) 1:30-3:00pm</p>	<p>19</p>	<p>20</p>
<p>23</p>	<p>24 Long-Term Care Support Group (virtual) Session #3 of 6 6:00-7:30pm</p>	<p>25 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p>	<p>26</p>	<p>27</p>
<p>30</p>	<p>31</p>			

**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/>

