

### Support Groups for August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <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	<b>2</b>	<b>3</b>
<b>6</b>	<b>7</b>	<b>8</b> <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	<b>9</b>	<b>10</b> <b>Oakville Caregivers Support Group (virtual)</b> Monthly 1:30-3:00pm
<b>13</b>	<b>14</b> <b>FTD Support Group (virtual)</b> Monthly 10:00-11:30am  <b>Adult Child Support Group (virtual)</b> Monthly 6:30-8:00pm	<b>15</b> <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	<b>16</b> <b>Burlington Caregiver Support Group (virtual)</b> Monthly 10:00-11:30am	<b>17</b>
<b>20</b>	<b>21</b>	<b>22</b> <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	<b>23</b>	<b>24</b> <b>Georgetown Caregivers Support Group (virtual)</b> Monthly 10:00-11:30am
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

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/>