

Support Groups for August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Spousal Support Group (in-person) Session #3 of 6 1:30-3:00pm Young Onset Carers Support Group (virtual) Monthly 6:00-7:30pm	4	5
8	9 Men's Support Group (in-person) Monthly 1:30-3:00pm	10 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	11 Frontotemporal Dementia Support Group (in-person) Monthly 2:30-4:00pm	12 Women's Spousal Support Group (in-person) Monthly 2:00-3:30pm
15	16	17 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Spousal Support Group (in-person) Session #4 of 6 1:30-3:00pm	18	19
22	23	24 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	25	26
29	30	31 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Spousal Support Group (in-person) Session #5 of 6 1:30-3:00pm		

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/>