

Support Groups for July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Canada Day Office Closed
4 CARERS Program (virtual) Session #5 of 8 1:30-3:30pm	5 Men's Support Group (in-person) Monthly 1:30-3:00pm Long-Term Care Support Group (virtual) Session #6 of 6 6:00-7:30pm Adult Child Support Group (virtual) Session #4 of 6 6:30-8:00pm	6 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Spousal Support Group (in-person) Session #1 of 6 1:30-3:00pm Young Onset Carers Support Group (virtual) Monthly 6:00-7:30pm	7 Frontotemporal Dementia Support Group (in-person) Monthly 2:30-4:00pm	8 Women's Spousal Support Group (in-person) Monthly 2:00-3:30pm
11 CARERS Program (virtual) Session #6 of 8 1:30-3:30pm	12 Adult Child Support Group (virtual) Session #5 of 6 6:30-8:00pm	13 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	14	15
18 CARERS Program (virtual) Session #7 of 8 1:30-3:30pm	19 Adult Child Support Group (virtual) Session #6 of 6 6:30-8:00pm	20 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Spousal Support Group (in-person) Session #2 of 6 1:30-3:00pm	21	22
25 CARERS Program (virtual) Session #8 of 8 1:30-3:30pm	26	27 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	28	29

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/>

