

Support Groups for October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Young Onset Carers Support Group (virtual) Monthly 6:00-7:30pm	6	7 Care Partner Support Group (in person) Session #2 of 6 10:30-12:00pm
10 STAT HOLIDAY Office Closed	11	12 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Adult Child Support Group Session #2 of 6 (in person) 6:30-8:00pm	13	14
17	18	19 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	20	21 Care Partner Support Group (in person) Session #3 of 6 10:30-12:00pm
24	25	26 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Adult Child Support Group Session #3 of 6 (in person) 6:30-8:00pm	27	28
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If you are interested in learning about and/or joining a support group, please contact our office at 1-800-565-4614

For details about our support groups, please visit our website

<https://alzda.ca/i-am-a-caregiver-i-need-support/>