

Support Groups for September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6 CARERS Program (virtual) Session #4 of 8 1:30-3:30pm	7 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Young Onset Carers Support Group (virtual) Monthly 6:00-7:30pm	8	9
12	13 CARERS Program (virtual) Session #5 of 8 1:30-3:30pm	14 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	15	16
19	20 CARERS Program (virtual) Session #6 of 8 1:30-3:30pm	21 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	22	23 Care Partner Support Group (in person) Session #1 of 6 10:30-12:00pm
26	27 CARERS Program (virtual) Session #7 of 8 1:30-3:30pm	28 Adult Child Support Group Session #1 of 6 (in person) 6:30-8:00pm	29	30

**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/>