

Support Groups for October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 CARERS Program (virtual) Session #8 of 8 1:30-3:30pm	5 Long-term Care Support Group (virtual) Monthly 10:00- 11:30am Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Young Onset Carers Support Group (virtual) Monthly 6:00-7:30pm	6 Grief & Loss Support Group (virtual) Session #3 of 6 6:30-8:00pm	7
10 STAT Holiday Office Closed	11 FTD Support Group (virtual) Monthly 10:00-11:30am CARERS Program (virtual) Session #5 of 8 1:30-3:30pm	12 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	13 Grief & Loss Support Group (virtual) Session #4 of 6 6:30-8:00pm	14
17	18 Adult Child Support Group (virtual) Monthly 6:30-8:00pm	19 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	20 Burlington Caregiver Support Group (virtual) Monthly 10:00-11:30am Grief & Loss Support Group (virtual) Session #5 of 6 6:30-8:00pm	21
24	25	26 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	27 Grief & Loss Support Group (virtual) Session #6 of 6 6:30-8:00pm	28 Georgetown Caregivers Support Group (virtual) Monthly 10:00-11:30am
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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/>