

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 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	8	9 Oakville Caregivers Support Group (virtual) Monthly 1:30-3:00pm Final Session
12	13 CARERS Program (virtual) Session #5 of 8 1:30-3:30pm FTD Support Group (virtual) Monthly 10:00-11:30am	14 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	15 Burlington Caregiver Support Group (virtual) Monthly 10:00-11:30am	16
19	20 CARERS Program (virtual) Session #6 of 8 1:30-3:30pm Adult Child Support Group (virtual) Monthly 6:30-8:00pm	21 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	22 Grief & Loss Support Group (virtual) Session #1 of 6 6:30-8:00pm	23 Georgetown Caregivers Support Group (virtual) Monthly 10:00-11:30am
26	27 CARERS Program (virtual) Session #7 of 8 1:30-3:30pm	28 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	29 Grief & Loss Support Group (virtual) Session #2 of 6 6:30-8:00pm	30

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/>