

Support Groups for October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Men's Support Group (in-person) Monthly 1:30-3:00pm	5 Early Stage Support Group Session #1 of 6 (in-person) 10:30-12:00pm Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Grief and Loss Support Group Session #3 of 6 (in-person) 1:30-3:00pm	6 Adult Child Support Group (in-person) Monthly 6:00-7:30pm	7
10 STAT HOLIDAY Office Closed	11	12 Early Stage Support Group Session #2 of 6 (in-person) 10:30-12:00pm Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Grief and Loss Support Group Session #4 of 6 (in-person) 1:30-3:00pm	13 Frontotemporal Dementia Support Group (in-person) Monthly 2:30-4:00pm	14 Women's Spousal Support Group (in-person) Monthly 2:00-3:30pm
17	18 CARERS Program Session #1 of 8 (in-person) 1:30-3:30pm	19 Early Stage Support Group Session #3 of 6 (in-person) 10:30-12:00pm Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Grief and Loss Support Group Session #5 of 6 (in-person) 1:30-3:00pm	20	21
24	25 CARERS Program Session #2 of 8 (in-person) 1:30-3:30pm	26 Early Stage Support Group Session #3 of 6 (in-person) 10:30-12:00pm Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Grief and Loss Support Group Session #6 of 6 (in-person) 1:30-3:00pm	27	28
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If you are interested in learning about and/or joining a support group, please contact our office at 905-529-7030

For details about our support groups, please visit our website

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

