

## Support Groups for November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Early Stage Support Group Session #5 of 6 (in-person) 10:30-12:00pm  Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm  Young Onset Carers Support Group (virtual) Monthly 6:00-7:30pm	3 Adult Child Support Group (in-person) Monthly 6:00-7:30pm	4
7 CARERS Program Session #3 of 8 (in-person) 1:30-3:30pm	8	9 Early Stage Support Group Session #6 of 6 (in-person) 10:30-12:00pm  Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	10 Frontotemporal Dementia Support Group (in-person) Monthly 2:30-4:00pm	11 <b>Office Closed</b>
14 CARERS Program Session #4 of 8 (in person) 1:30-3:30pm	15	16 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	17	18
21 CARERS Program Session #5 of 8 (in person) 1:30-3:30pm	22	23 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	24	25
28 CARERS Program Session #6 of 8 (in-person) 1:30-3:30pm	29	30		

**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/>**