

Support Groups for September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Adult Child Support Group (in-person) Monthly 6:00-7:30pm	2
5 STAT HOLIDAY Office Closed	6 Men's Support Group (in-person) Monthly 1:30-3:00pm	7 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Young Onset Carers Support Group (virtual) Monthly 6:00-7:30pm	8 Frontotemporal Dementia Support Group (in-person) Monthly 2:30-4:00pm	9 Women's Spousal Support Group (in-person) Monthly 2:00-3:30pm
12	13	14 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Spousal Support Group Session #6 of 6 (in-person) 1:30-3:00pm	15	16
19	20	21 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Grief and Loss Support Group Session #1 of 6 (in-person) 1:30-3:00pm	22	23
26	27	28 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Grief and Loss Support Group Session #2 of 6 (in-person) 1:30-3:00pm	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/>