

Support Groups for November 2022

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

**If you are interested in learning about and/or joining a support group,
please contact our office at 1-800-565-4614**

For details about our support groups, please visit our website

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