



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 |
| 7 | 8 CARERS Program (virtual) Session #3 of 8 1:30-3:30pm | 9 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm | 10 | 11 Office Closed |
| 14 | 15 CARERS Program (virtual) Session #4 of 8 1:30-3:30pm Grief and Loss Support Group Session #1 of 6 (in-person) 2:45-4:15pm | 16 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm | 17 | 18 |
| 21 | 22 CARERS Program (virtual) Session #4 of 8 1:30-3:30pm Grief and Loss Support Group Session #2 of 6 (in-person) 2:45-4:15pm | 23 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm | 24 | 25 |
| 28 | 29 CARERS Program (virtual) Session #5 of 8 1:30-3:30pm Grief and Loss Support Group Session #3 of 6 (in-person) 2:45-4:15pm | 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/>