



## Support Groups for December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	<p><b>6</b>  <b>CARERS Program (virtual)</b>  <b>Session #7 of 8</b>                      1:30-3:30pm</p> <p><b>Grief and Loss Support Group</b>  <b>Session #4 of 6 (in-person)</b>                      2:45-4:15pm</p>	<p><b>7</b>  <b>Dementia Peer Support Group (virtual)</b>                      Weekly 1:00-2:30pm</p> <p><b>Young Onset Carers Support Group (virtual)</b>                      Monthly 6:00-7:30pm</p>	8	9
12	<p><b>13</b>  <b>CARERS Program (virtual)</b>  <b>Session #8 of 8</b>                      1:30-3:30pm</p> <p><b>Grief and Loss Support Group</b>  <b>Session #5 of 6 (in-person)</b>                      2:45-4:15pm</p>	<p><b>14</b>  <b>Dementia Peer Support Group (virtual)</b>                      Weekly 1:00-2:30pm</p>	15	16
19	<p><b>20</b>  <b>Grief and Loss Support Group</b>  <b>Session #1 of 6 (in-person)</b>                      2:45-4:15pm</p>	<p><b>21</b>  <b>Dementia Peer Support Group (virtual)</b>                      Weekly 1:00-2:30pm</p>	22	23
<p><b>26</b>                      Office Closed</p>	<p><b>27</b>                      Office Closed</p>	<p><b>28</b>  <b>Dementia Peer Support Group (virtual)</b>                      Weekly 1:00-2:30pm</p>	29	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/>