

Support Groups for November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CARERS Program (virtual) Session #2 of 8 1:30-3:30pm	2 Long-term Care Support Group (virtual) Monthly 10:00- 11:30am 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 FTD Support Group (virtual) Monthly 10:00-11:30am CARERS Program (virtual) Session #3 of 8 1:30-3:30pm	9 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Living With Dementia: An Early Stage Support Group Session #1 of 8 (in-person) 2:30-4:00pm	10	11 Office Closed
14	15 Adult Child Support Group (virtual) Monthly 6:30-8:00pm CARERS Program (virtual) Session #4 of 8 1:30-3:30pm	16 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	17 Burlington Caregiver Support Group (virtual) Monthly 10:00-11:30am	18
21	22 CARERS Program (virtual) Session #5 of 8 1:30-3:30pm	23 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Living With Dementia: An Early Stage Support Group Session #1 of 8 (in-person) 2:30-4:00pm	24	25 Georgetown Caregivers Support Group (virtual) Monthly 10:00-11:30am
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 289-837-2310

For details about our support groups, please visit our website
<https://alzda.ca/i-am-a-caregiver-i-need-support/>