

Support Groups for December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6 CARERS Program (virtual) Session #7 of 8 1:30-3:30pm	7 Long-term Care Support Group (virtual) Monthly 10:00- 11:30am Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Living With Dementia: An Early Stage Support Group Session #3 of 8 (in-person) 2:30-4:00pm Young Onset Carers Support Group (virtual) Monthly 6:00-7:30pm	8	9
12	13 FTD Support Group (virtual) Monthly 10:00-11:30am CARERS Program (virtual) Session #8 of 8 1:30-3:30pm	14 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	15 Burlington Caregiver Support Group (virtual) Monthly 10:00-11:30am	16
19	20 Adult Child Support Group (virtual) Monthly 6:30-8:00pm	21 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Living With Dementia: An Early Stage Support Group Session #4 of 8 (in-person) 2:30-4:00pm	22	23 Georgetown Caregivers Support Group (virtual) Monthly 10:00-11:30am
26 Office Closed	27 Office Closed	28 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	29	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/>