

## Support Groups for November 2022

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

**If you are interested in learning about and/or joining a support group,  
please contact our office at 905-529-7030**

**For details about our support groups, please visit our website**

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