

Support Groups for December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6 CARERS Program Session #7 of 8 1:30-3:30pm	7 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Young Onset Carers Support Group (virtual) Monthly 6:00-7:30pm	8	9
12	13 CARERS Program Session #8 of 8 1:30-3:30pm	14 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	15	16
19	20	21 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	22	23
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 905-529-7030

For details about our support groups, please visit our website

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