

## Support Groups for January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>Office Closed</b>	3	4 <b>Self-Care for the Caregiver (virtual)</b> <b>Session #1 of 16</b> Weekly 12:00-3:00pm	5	6
9	10	11 <b>Self-Care for the Caregiver (virtual)</b> <b>Session #2 of 16</b> Weekly 12:00-3:00pm  <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm  <b>Dunnville Support Group (in person)</b> Monthly 1:30-3:00pm	12	13
16	17	18 <b>Self-Care for the Caregiver (virtual)</b> <b>Session #3 of 16</b> Weekly 12:00-3:00pm  <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	19	20
23	24	25 <b>Self-Care for the Caregiver (virtual)</b> <b>Session #4 of 16</b> Weekly 12:00-3:00pm  <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	26	27
30	31			

**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/>