



Support Groups for February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Self-Care for the Caregiver (virtual) Session #5 of 16 Weekly 12:00-3:00pm</p> <p>Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p>	2	3
6	<p>7 Hagersville Caregiver Support Group (in person) Monthly 2:00-3:30pm</p>	<p>8 Self-Care for the Caregiver (virtual) Session #6 of 16 Weekly 12:00-3:00pm</p> <p>Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p>	9	10
13	14	<p>15 Self-Care for the Caregiver (virtual) Session #7 of 16 Weekly 12:00-3:00pm</p> <p>Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Dunnville Support Group (in person) Monthly 1:30-3:00pm</p>	16	17
20	21	<p>22 Self-Care for the Caregiver (virtual) Session #8 of 16 Weekly 12:00-3:00pm</p> <p>Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p>	23	24
27	28			

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/>

