



## Support Groups for March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b> Self-Care for the Caregiver (virtual) Session #9 of 16 Weekly 12:00-3:00pm</p> <p>Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p>	2	3
6	<p><b>7</b> Hagersville Caregiver Support Group (in person) Monthly 2:00-3:30pm</p>	<p><b>8</b> Self-Care for the Caregiver (virtual) Session #10 of 16 Weekly 12:00-3:00pm</p> <p>Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Grief and Loss Support Group (in person) Session #1 of 6 Weekly 2:00-4:00pm</p>	9	10
13	14	<p><b>15</b> Self-Care for the Caregiver (virtual) Session #11 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> <p>Grief and Loss Support Group (in person) Session #2 of 6 Weekly 2:00-4:00pm</p>	16	17
20	21	<p><b>22</b> Self-Care for the Caregiver (virtual) Session #12 of 16 Weekly 12:00-3:00pm</p> <p>Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Grief and Loss Support Group (in person) Session #3 of 6 Weekly 2:00-4:00pm</p>	23	24
27	28	<p><b>29</b> Self-Care for the Caregiver (virtual) Session #13 of 16 Weekly 12:00-3:00pm</p> <p>Grief and Loss Support Group (in person) Session #4 of 6 Weekly 2:00-4:00pm</p>	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/>