



## Support Groups for January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Office Closed</b>	3	4 <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm  <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>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm  <b>Self-Care for the Caregiver (virtual)</b> <b>Session #2 of 16</b> Weekly 12:00-3:00pm	12	13
16	17 <b>Frontotemporal Dementia Support Group (virtual)</b> Monthly 10:00-11:30am	18 <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00- 2:30pm  <b>Spousal Support Group (virtual)</b> Monthly 10:00-11:30am  <b>Self Care for the Caregiver (virtual)</b> <b>Session #3 of 16</b> Weekly 12:00-3:00pm	19 <b>Adult Child Support Group (virtual)</b> Monthly 7:00-8:30pm	20 <b>Georgetown Caregivers Support Group (virtual)</b> Monthly 10:00-11:30am
23	24	25 <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm  <b>Self Care for the Caregiver (virtual)</b> <b>Session #4 of 16</b> Weekly 12:00-3:00pm	26 <b>Spousal Support Group (in person)</b> Monthly 10:00-11:30am	27
30	31	<p>For details about our support groups, please visit our website  <a href="https://alzda.ca/i-am-a-caregiver-i-need-support/">https://alzda.ca/i-am-a-caregiver-i-need-support/</a></p> <p>If you are interested in learning about and/or joining a support group,  please contact our office at 289-837-2310</p>		