

Support Groups for February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Self-Care for the Caregiver (virtual) Session #5 of 16 Weekly 12:00-3:00pm</p>	<p>2</p>	<p>3</p>
<p>6</p>	<p>7</p>	<p>8 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Self-Care for the Caregiver (virtual) Session #6 of 16 Weekly 12:00-3:00pm</p>	<p>9 Adult Child Support Group (in person) Session #1 of 6 Weekly 6:00-7:30pm</p>	<p>10</p>
<p>13</p>	<p>14 Frontotemporal Dementia Support Group (virtual) Monthly 10:00-11:30am</p>	<p>15 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Spousal Support Group (virtual) Monthly 10:00-11:30am</p> <p>Self-Care for the Caregiver (virtual) Session #7 of 16 Weekly 12:00-3:00pm</p>	<p>16 Adult Child Support Group (virtual) Monthly 7:00-8:30pm</p> <p>Adult Child Support Group (in person) Session #2 of 6 Weekly 6:00-7:30pm</p>	<p>17 Georgetown Caregivers Support Group (virtual) Monthly 10:00-11:30am</p>
<p>20</p>	<p>21</p>	<p>22 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Self-Care for the Caregiver (virtual) Session #8 of 16 Weekly 12:00-3:00pm</p>	<p>23 Spousal Support Group (in person) Monthly 10:00-11:30am</p> <p>Adult Child Support Group (in person) Session #3 of 6 Weekly 6:00-7:30pm</p>	<p>24</p>
<p>27</p>	<p>28</p>	<p>If you are interested in learning about and/or joining a support group, please contact our office at 289-837-2310</p> <p>For details about our support groups, please visit our website https://alzda.ca/i-am-a-caregiver-i-need-support/</p>		