

Support Groups for March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #9 of 16 Weekly 12:00-3:00pm	2 Adult Child Support Group (in person) Session #4 of 6 Weekly 6:00-7:30pm	3
6	7	8 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #10 of 16 Weekly 12:00-3:00pm	9 Adult Child Support Group (in person) Session #5 of 6 Weekly 6:00-7:30pm	10
13	14 Frontotemporal Dementia Support Group (virtual) Monthly 10:00-11:30am	15 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Spousal Support Group (virtual) Monthly 10:00-11:30am Self-Care for the Caregiver (virtual) Session #11 of 16 Weekly 12:00-3:00pm	16 Adult Child Support Group (in person) Session #6 of 6 Weekly 6:00-7:30pm Adult Child Support Group (virtual) Monthly 7:00-8:30pm	17 Georgetown Caregivers Support Group (virtual) Monthly 10:00-11:30am
20	21	22 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #12 of 16 Weekly 12:00-3:00pm	23 Spousal Support Group (in person) Monthly 10:00-11:30am	25
27	28	29 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #13 of 16 Weekly 12:00-3:00pm	30	31

If you are interested in learning about and/or joining a support group,
please contact our office at 289-837-2310

For details about our support groups, please visit our website

<https://alzda.ca/i-am-a-caregiver-i-need-support/>