

Support Groups for January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Office Closed	3	4 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #1 of 16 Weekly 12:00-3:00pm	5	6
9	10	11 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #2 of 16 Weekly 12:00-3:00pm	12 Spousal Support Group (In person) Monthly 2:30-4:00pm	13
16	17 Frontotemporal Dementia Support Group (In Person) Monthly 2:00-3:30pm	18 Long-Term Care Support Group (in person) Monthly 10:30-12:00pm Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #3 of 16 Weekly 12:00-3:00pm	19 Men's Support Group (virtual) Monthly 3:00-4:30pm	20
23	24	25 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #4 of 16 Weekly 12:00-3:00pm	26	27
30	31	<p>If you are interested in learning about and/or joining a support group, please contact our office at 905-529-7030</p> <p>For details about our support groups, please visit our website https://alzda.ca/i-am-a-caregiver-i-need-support/</p>		