

## Support Groups for February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm  <b>Self-Care for the Caregiver (virtual)</b> <b>Session #5 of 16</b> Weekly 12:00-3:00pm	<b>2</b>	<b>3</b> <b>Women's Spousal Support Group (in person)</b> <b>Session #1 of 6</b> Weekly 2:00-4:30pm
<b>6</b>	<b>7</b>	<b>8</b> <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm  <b>Self-Care for the Caregiver (virtual)</b> <b>Session #6 of 16</b> Weekly 12:00-3:00pm	<b>9</b> <b>Spousal Support Group (In person)</b> Monthly 2:30-4:00pm	<b>10</b> <b>Women's Spousal Support Group (in person)</b> <b>Session #2 of 6</b> Weekly 2:00-4:30pm
<b>13</b>	<b>14</b>	<b>15</b> <b>Long-Term Care Support Group (in person)</b> Monthly 10:30-12:00pm  <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm  <b>Self-Care for the Caregiver (virtual)</b> <b>Session #7 of 16</b> Weekly 12:00-3:00pm  <b>Adult Child Support Group (virtual)</b> <b>Session #1 of 6</b> Weekly 6:00-7:30pm	<b>16</b> <b>Men's Support Group (virtual)</b> Monthly 3:00-4:30pm	<b>17</b> <b>Women's Spousal Support Group (in person)</b> <b>Session #3 of 6</b> Weekly 2:00-4:30pm
<b>20</b>	<b>21</b> <b>Frontotemporal Dementia Support Group (In Person)</b> Monthly 2:00-3:30pm	<b>22</b> <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm  <b>Self-Care for the Caregiver (virtual)</b> <b>Session #8 of 16</b> Weekly 12:00-3:00pm  <b>Adult Child Support Group (virtual)</b> <b>Session #2 of 6</b> Weekly 6:00-7:30pm	<b>23</b>	<b>24</b> <b>Women's Spousal Support Group (in person)</b> <b>Session #4 of 6</b> Weekly 2:00-4:30pm
<b>27</b>	<b>28</b>	<p><b>If you are interested in learning about and/or joining a support group, please contact our office at 905-529-7030</b></p> <p><b>For details about our support groups, please visit our website</b>  <a href="https://alzda.ca/i-am-a-caregiver-i-need-support/">https://alzda.ca/i-am-a-caregiver-i-need-support/</a></p>		