

## Support Groups for January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	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 <b>Long-Term Care Support Group (in person)</b> Monthly 2:00-3:30pm	10 <b>Port Dover Support Group (in person)</b> Monthly 1:30-3:00pm	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 <b>Spousal Support Group (in person)</b> <b>Session #1 of 6</b> Weekly 10:00-11:30am	13
16	17	18 <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm  <b>Self-Care for the Caregiver (virtual)</b> <b>Session #3 of 16</b> Weekly 12:00-3:00pm  <b>Adult Child Support Group (virtual)</b> Monthly 6:00-7:30pm	19 <b>Spousal Support Group (in person)</b> <b>Session #2 of 6</b> Weekly 10:00-11:30am	20
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> <b>Session #3 of 6</b> Weekly 10:00-11:30am	27
30	31			

**If you are interested in learning about and/or joining a support group, please contact our office at 1-800-565-4614**

**For details about our support groups, please visit our website**

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