

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 Spousal Support Group (in person) Session #4 of 6 Weekly 10:00-11:30am</p>	3
6	7	<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 Spousal Support Group (in person) Session #5 of 6 Weekly 10:00-11:30am</p>	10
<p>13 Long-Term Care Support Group (in person) Monthly 2:00-3:30pm</p>	<p>14 Port Dover Support Group (in person) Monthly 1:30-3:00pm</p>	<p>15 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Self-Care for the Caregiver (virtual) Session #7 of 16 Weekly 12:00-3:00pm</p> <p>Adult Child Support Group (virtual) Monthly 6:00-7:30pm</p>	<p>16 Spousal Support Group (in person) Session #6 of 6 Weekly 10:00-11:30am</p>	17
20	<p>21 Caregiver Support Group (in person) Session #1 of 6 Weekly 10:00-11:30am</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>	23	24
27	<p>28 Caregiver Support Group (in person) Session #2 of 6 Weekly 10:00-11:30am</p>			

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/>