

## Support Groups for March 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 #9 of 16</b> Weekly 12:00-3:00pm	<b>2</b>	<b>3</b>
<b>6</b>	<b>7</b> <b>Caregiver Support Group (in person)</b> <b>Session #3 of 6</b> Weekly 10:00-11:30am	<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 #10 of 16</b> Weekly 12:00-3:00pm	<b>9</b>	<b>10</b>
<b>13</b> <b>Long-Term Care Support Group (in person)</b> Monthly 2:00-3:30pm	<b>14</b> <b>Caregiver Support Group (in person)</b> <b>Session #4 of 6</b> Weekly 10:00-11:30am  <b>Port Dover Support Group (in person)</b> Monthly 1:30-3:00pm	<b>15</b> <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm  <b>Self-Care for the Caregiver (virtual)</b> <b>Session #11 of 16</b> Weekly 12:00-3:00pm  <b>Adult Child Support Group (virtual)</b> Monthly 6:00-7:30pm	<b>16</b>	<b>17</b>
<b>20</b>	<b>21</b> <b>Caregiver Support Group (in person)</b> <b>Session #5 of 6</b> Weekly 10:00-11:30am	<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 #12 of 16</b> Weekly 12:00-3:00pm	<b>23</b>	<b>24</b>
<b>27</b>	<b>28</b> <b>Caregiver Support Group (in person)</b> <b>Session #6 of 6</b> Weekly 10:00-11:30am	<b>29</b> <b>Self-Care for the Caregiver (virtual)</b> <b>Session #13 of 16</b> Weekly 12:00-3:00pm	<b>30</b>	<b>31</b>

**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/>**