

Support Groups for February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #5 of 16 Weekly 12:00-3:00pm	2	3
6	7	8 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #6 of 16 Weekly 12:00-3:00pm	9	10
13	14 CARERS Program (in person) Session #1 of 8 Weekly 1:30-3:30pm	15 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #7 of 16 Weekly 12:00-3:00pm Adult Child Support Group (virtual) Monthly 6:00-7:30pm	16	17
20	21 CARERS Program (in person) Session #2 of 8 Weekly 1:30-3:30pm	22 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #8 of 16 Weekly 12:00-3:00pm	23	24
27	28 CARERS Program (in person) Session #3 of 8 Weekly 1:30-3:30pm			

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/>

