

Support Groups for March 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | 1 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #9 of 16 Weekly 12:00-3:00pm | 2 | 3 |
| 6 | 7 CARERS Program (in person) Session #4 of 8 Weekly 1:30-3:30pm | 8 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #10 of 16 Weekly 12:00-3:00pm | 9 | 10 |
| 13 | 14 CARERS Program (in person) Session #5 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 #11 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 #6 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 #12 of 16 Weekly 12:00-3:00pm | 23 | 24 |
| 27 | 28 CARERS Program (in person) Session #7 of 8 Weekly 1:30-3:30pm | 29 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #13 of 16 Weekly 12:00-3:00pm | 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/>