

Support Groups for April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #14 of 16 Weekly 12:00-3:00pm	6	7 Office Closed
10	11	12 Early-Stage Support Group (in person) Session #2 of 8 Bi-Weekly 10:00-11:30am Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #15 of 16 Weekly 12:00-3:00pm	13	14
17 TEACH Program (virtual) Session #1 of 4 Weekly 2:00-3:30pm	18 Frontotemporal Dementia Support Group (virtual) Monthly 10:00-11:30am	19 Dementia Peer Support Group (virtual) Weekly 1:00- 2:30pm Spousal Support Group (virtual) Monthly 10:00-11:30am Self Care for the Caregiver (virtual) Session #16 of 16 Weekly 12:00-3:00pm	20 CARERS Program (in person) Session #1 of 8 Weekly 1:30-3:30pm Adult Child Support Group (virtual) Monthly 7:00-8:30pm	21 Georgetown Caregivers Support Group (virtual) Monthly 10:00-11:30am
24 TEACH Program (virtual) Session #2 of 4 Weekly 2:00-3:30pm	25	26 Early-Stage Support Group (in person) Session #3 of 8 Bi-Weekly 10:00-11:30am Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	27 Spousal Support Group (in person) Monthly 10:00-11:30am CARERS Program (in person) Session #2 of 8 Weekly 1:30-3:30pm	28

For details about our support groups, please visit our website

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

If you are interested in learning about and/or joining a support group,
please contact our office at 289-837-2310