

## Support Groups for May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>TEACH Program (virtual)</b> <b>Session #3 of 4</b> Weekly 2:00-3:30pm	<b>2</b> <b>Long-Term Care Support Group (partnering with Acclaim Health) (in person)</b> Monthly 10:00-11:30am	<b>3</b> <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	<b>4</b> <b>CARERS Program (in person) Session #3 of 8</b> Weekly 1:30-3:30pm	<b>5</b> Office Closed
<b>8</b> <b>TEACH Program (virtual)</b> <b>Session #4 of 4</b> Weekly 2:00-3:30pm	<b>9</b>	<b>10</b> <b>Early-Stage Support Group (in person) Session #4 of 8</b> Bi-Weekly 10:00-11:30am  <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	<b>11</b> <b>CARERS Program (in person) Session #4 of 8</b> Weekly 1:30-3:30pm	<b>12</b>
<b>15</b>	<b>16</b> <b>Frontotemporal Dementia Support Group (virtual)</b> Monthly 10:00-11:30am	<b>17</b> <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00- 2:30pm  <b>Spousal Support Group (virtual)</b> Monthly 10:00-11:30am	<b>18</b> <b>CARERS Program (in person) Session #5 of 8</b> Weekly 1:30-3:30pm  <b>Adult Child Support Group (virtual)</b> Monthly 7:00-8:30pm	<b>19</b> <b>Georgetown Caregivers Support Group (virtual)</b> Monthly 10:00-11:30am
<b>22</b>	<b>23</b>	<b>24</b> <b>Early-Stage Support Group (in person) Session #5 of 8</b> Bi-Weekly 10:00-11:30am  <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	<b>25</b> <b>Spousal Support Group (in person)</b> Monthly 10:00-11:30am  <b>CARERS Program (in person) Session #6 of 8</b> Weekly 1:30-3:30pm	<b>26</b>
<b>29</b>	<b>30</b>	<b>31</b>		

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