

## Support Groups for March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b> Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Self-Care for the Caregiver (virtual) Session #9 of 16 Weekly 12:00-3:00pm</p> <p>Adult Child Support Group (virtual) Session #3 of 6 Weekly 6:00-7:30pm</p>	<p><b>2</b></p>	<p><b>3</b> Women's Spousal Support Group (in person) Session #5 of 6 Weekly 2:00-4:30pm</p>
6	7	<p><b>8</b> Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Self-Care for the Caregiver (virtual) Session #10 of 16 Weekly 12:00-3:00pm</p> <p>Adult Child Support Group (virtual) Session #4 of 6 Weekly 6:00-7:30pm</p>	<p><b>9</b> Spousal Support Group (In person) Monthly 2:30-4:00pm</p>	<p><b>10</b> Women's Spousal Support Group (in person) Session #6 of 6 Weekly 2:00-4:30pm</p>
13	14	<p><b>15</b> Long-Term Care Support Group (in person) Monthly 10:30-12:00pm</p> <p>Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Self-Care for the Caregiver (virtual) Session #11 of 16 Weekly 12:00-3:00pm</p> <p>Adult Child Support Group (virtual) Session #5 of 6 Weekly 6:00-7:30pm</p>	<p><b>16</b> Men's Support Group (virtual) Monthly 3:00-4:30pm</p>	<p><b>17</b></p>
20	<p><b>21</b> Frontotemporal Dementia Support Group (In Person) Monthly 2:00-3:30pm</p>	<p><b>22</b> Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm</p> <p>Self-Care for the Caregiver (virtual) Session #12 of 16 Weekly 12:00-3:00pm</p>	<p><b>23</b></p>	<p><b>24</b></p>

		<b>Adult Child Support Group (virtual)</b> <b>Session #6 of 6</b> Weekly 6:00-7:30pm		
<b>27</b>	<b>28</b>	<b>29</b> <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm  <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 905-529-7030**

**For details about our support groups, please visit our website**  
<https://alzda.ca/i-am-a-caregiver-i-need-support/>