

Support Groups for April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Mild Cognitive Impairment Support Group (in person) Session #1 of 6 Weekly 10:30-12:00pm	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 Mild Cognitive Impairment Support Group (in person) Session #2 of 6 Weekly 10:30-12:00pm	12 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 Spousal Support Group (In person) Monthly 2:30-4:00pm	14
17 TEACH Program (virtual) Session #1 of 4 Weekly 2:00-3:30pm	18 Mild Cognitive Impairment Support Group (in person) Session #3 of 6 Weekly 10:30-12:00pm Frontotemporal Dementia Support Group (In Person) Monthly 2:00-3:30pm	19 Long-Term Care Support Group (in person) Monthly 10:30-12:00pm Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm Self-Care for the Caregiver (virtual) Session #16 of 16 Weekly 12:00-3:00pm	20 Men's Support Group (virtual) Monthly 3:00-4:30pm	21
24 TEACH Program (virtual) Session #2 of 4 Weekly 2:00-3:30pm	25 Mild Cognitive Impairment Support Group (in person) Session #4 of 6 Weekly 10:30-12:00pm	26 Dementia Peer Support Group (virtual) Weekly 1:00-2:30pm	27	28

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/>