

## 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>Mild Cognitive Impairment Support Group (in person)</b> <b>Session #5 of 6</b> Weekly 10:30-12:00pm	<b>3</b> <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	<b>4</b>	<b>5</b>
<b>8</b> <b>TEACH Program (virtual)</b> <b>Session #4 of 4</b> Weekly 2:00-3:30pm	<b>9</b> <b>Mild Cognitive Impairment Support Group (in person)</b> <b>Session #6 of 6</b> Weekly 10:30-12:00pm	<b>10</b> <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	<b>11</b> <b>Spousal Support Group (In person)</b> Monthly 2:30-4:00pm	<b>12</b>
<b>15</b>	<b>16</b> <b>Frontotemporal Dementia Support Group (In Person)</b> Monthly 2:00-3:30pm	<b>17</b> <b>Long-Term Care Support Group (in person)</b> Monthly 10:30-12:00pm  <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	<b>18</b> <b>Men's Support Group (virtual)</b> Monthly 3:00-4:30pm	<b>19</b>
<b>22</b>	<b>23</b>	<b>24</b> <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm  <b>Spousal Support Group (virtual)</b> <b>Session #1 of 6</b> Weekly 6:30-8:30pm	<b>25</b>	<b>26</b>
<b>29</b>	<b>30</b>	<b>31</b> <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm  <b>Spousal Support Group (virtual)</b> <b>Session #2 of 6</b> Weekly 6:30-8:30pm		

**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/>**