

## 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>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>10</b> <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	<b>11</b>	<b>12</b> <b>Spousal Support Group (In Person) Session #4 of 6</b> Biweekly 10:30-12:00pm
<b>15</b>	<b>16</b>	<b>17</b> <b>Dementia Peer Support Group (virtual)</b> Weekly 1:00-2:30pm	<b>18</b>	<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>25</b>	<b>26</b> <b>Spousal Support Group (In Person) Session #5 of 6</b> Biweekly 10:30-12:00pm  <b>Paris Spousal Support Group (In Person at Cowan Hub) Monthly 1:30-4:30pm</b>
<b>29</b>	<b>30</b>	<b>31</b>		

If you are interested in learning about and/or joining a support group, please contact our office at 1-800-565-4614

For details about our support groups, please visit our website

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