

Support Groups for May 2023

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

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