

Support Groups

Hamilton

Group	Location	Day	Dates	Time	To Register
Long-Term Care Support Group	550 Fennel Ave. East, Hamilton	Monthly, 3 rd Wednesday of month	Jul 19 th , Aug 16 th , Sep 20 th , Oct 18 th , Nov 15 th , Dec 20 th	10:00-11:30am	☎ 1-800-565-4614
Men's Support Group	550 Fennel Ave. East, Hamilton	Monthly, 3 rd Thursday of month	Jul 20 th , Aug 17 th , Sep 21 st , Oct 19 th , Nov 16 th , Dec 21 st	3:00-4:30pm	☎ 1-800-565-4614
Spousal Support Group	550 Fennel Ave. East, Hamilton	Monthly, 2 nd Thursday of month	July 13 th , Aug 10 th , Sept 14 th , Oct 12 th , Nov 9 th , Dec 14 th	2:00-3:30pm	☎ 1-800-565-4614
Frontotemporal Dementia Carers Support Group	550 Fennel Ave. East, Hamilton	Monthly, 3 rd Tuesday of month	Jul 18 th , Aug 15 th , Sept 19 th , Oct 17 th , Nov 21 st , Dec 19 th	2:00-3:30pm	☎ 1-800-565-4614
Early Stage Support Group	1041 West 5th Street, Hamilton, ON L9B 1J5	Weekly, 6 weeks, Friday	June 15 th , June 22 nd , June 29 th , July 6 th , July 13 th , July 20 th	10:30-12:00pm	☎ 1-800-565-4614
Spousal Support Group	Zoom	Weekly, 6 weeks, Wednesday	May 24 th , May 21 st , June 7 th , June 14 th , June 21 st , June 28 th	6:00-7:30pm	☎ 1-800-565-4614
Early Stage Dementia Peer Support Group	Zoom	*On hold until Fall*	Every Wednesday until December	1:00-2:30pm	☎ 1-800-565-4614
Self Care for the Caregiver	Zoom	Weekly, 16 weeks, Wednesdays	Sept 6 to Dec 20	12:00-3:00pm	☎ 1-800-565-4614 ext. 425
Self Care for the Bereaved Caregiver	Zoom	Weekly, 16 weeks, Tuesdays	Sept 5 to Dec 19	12:00-3:00pm	☎ 1-800-565-4614 ext. 425

Support Groups

Halton

Group	Location	Day	Dates	Time	To Register
Spousal Support Group	4391 Harvester Rd, Unit 8 Burlington,	Monthly, 4 th Thursday of month	Jul 27 th , Aug 24 th , Sep 28 th , Oct 26 th , Nov 23 rd , Dec 28 th	10:00-11:30am	☎ 1-800-565-4614
Early Stage Support Group	4391 Harvester Rd, Unit 8 Burlington,	Bi-Weekly, 8 weeks, Wednesdays	Mar 29 th , Apr 12 th , Apr 26 th , May 10 th , May 24 th , Jun 7 th , Jun 21 st , July 5 th	10:00-11:30am	☎ 1-800-565-4614
Adult Child Support Group	Zoom	Monthly, 3 rd Thursday of month	July 20 th , Aug 17 th , Sept 21 st , Oct 19 th , Nov 16 th , Dec 21 st	7:00-8:30pm	☎ 1-800-565-4614
Spousal Support Group	Zoom	Monthly, 3 rd Wednesday of month	Jul 19 th , Aug 16 th , Sept 20 th , Oct 18 th , Nov 15 th , Dec 20 th	10:00-11:30am	☎ 1-800-565-4614
Long-Term Care Support Group	2180 Itabashi Way, Burlington ON	Monthly, for 5 months, 1 st Tues of month	May 2 nd , Jun 6 th , Jul 4 th , Aug 1 st , Sept 5 th	10:00-11:30am	☎ 1-800-565-4614
Georgetown Support Group	Zoom	Monthly, 4 th Friday of month	Jun 23 rd , Jul 28 th , Aug 25 th , Sept 22 nd , Oct 27 th , Nov 24 th , Dec 22 nd	10:00-11:30am	☎ 1-800-565-4614
Frontotemporal Support Group	Zoom	Monthly, 2 nd Tues of month	Jul 11 th , Aug 8 th , Sept 12 th , Oct 10 th , Nov 14 th , Dec 12 th	10:00-11:30am	☎ 1-800-565-4614
Early Stage Dementia Peer Support Group	Zoom	*On hold until Fall*	Every Wednesday until December	1:00-2:30pm	☎ 1-800-565-4614
Self Care for the Caregiver	Zoom	Weekly, 16 weeks, Wednesdays	Sept 6 to Dec 20	12:00-3:00pm	☎ 1-800-565-4614 ext. 425
Self Care for the Bereaved Caregiver	Zoom	Weekly, 16 weeks, Tuesdays	Sept 5 to Dec 19	12:00-3:00pm	☎ 1-800-565-4614 ext. 425

Support Groups

Brantford

Group	Location	Day	Dates	Time	To Register
Adult Child Support Group	Zoom	Monthly, 3 rd Wednesday of month	Jul 19 th , Aug 16 th , Sep 20 th , Oct 18 th , Nov 15 th , Dec 20 th	6:00-7:30pm	☎ 1-800-565-4614
Adult Child Support Group	Zoom	Monthly, 6 Months Fridays	July 28 th , Aug 25 th , Sep 29 th , Oct 27 th , Nov 24 th , Dec 29 th	6:30-8:00pm	☎ 1-800-565-4614
Spousal Support Group	Brantwood 25 Bell Lane, Suite 100	Bi-Weekly, 6 weeks, Fridays	April 14 th , April 28 th , May 12 th , May 26 th , June 9 th , June 23 rd	10:30-12:00pm	☎ 1-800-565-4614
Paris Spousal Support Group	Cowan Hub, 25 Curtis Ave N, Paris, ON N3L 3V3	Monthly, 4 th Friday of month	Aug 25 th , Sep 22 nd , Oct 27 th , Nov 24 th , Dec 22 nd	1:30-3:30pm	☎ 1-800-565-4614
Long-Term Care Support Group	Brantwood 25 Bell Lane, Suite 100	Bi-Weekly, 6 weeks, Thursdays	Jul 11 th , Jul 25 th , Aug 8 th , Aug 22 nd , Sep 5 th , Sep 19 th	10:30-12:00pm	☎ 1-800-565-4614
Early Stage Dementia Peer Support Group	Zoom	*On hold until Fall*	Every Wednesday until December	1:00-2:30pm	☎ 1-800-565-4614
Self Care for the Caregiver	Zoom	Weekly, 16 weeks, Wednesdays	Sept 6 to Dec 20	12:00-3:00pm	☎ 1-800-565-4614 ext. 425
Self Care for the Bereaved Caregiver	Zoom	Weekly, 16 weeks, Tuesdays	Sept 5 to Dec 19	12:00-3:00pm	☎ 1-800-565-4614 ext. 425

Support Groups

Haldimand Norfolk

Group	Location	Day	Dates	Time	To Register
Long-Term Care Support Group	645 Norfolk St. N., Simcoe	Monthly, 2 nd Monday of month	July 10 th , Aug 14 th , Sept 11 th , Oct 9 th , Nov 13 th , Dec 11 th	2:00-3:30pm	☎ 1-800-565-4614
Adult Child Support Group	645 Norfolk St. N., Simcoe	Monthly, 3 rd Wednesday of month	Jul 19 th , Aug 16 th , Sept 20 th , Oct 18 th , Nov 15 th , Dec 20 th	6:00-7:30pm	☎ 1-800-565-4614
Spousal Support Group	645 Norfolk St. N., Simcoe	Weekly, 6 weeks, Fridays	Aug 25 th , Sep 1 st , Sep 8 th , Sep 15 th , Sep 22 nd , Sep 29 th	10:00-11:30am	☎ 1-800-565-4614
Early Stage Dementia Peer Support Group	Zoom	*On hold until Fall*	Every Wednesday until December	1:00-2:30pm	☎ 1-800-565-4614
Self Care for the Caregiver	Zoom	Weekly, 16 weeks, Wednesdays	Sept 6 to Dec 20	12:00-3:00pm	☎ 1-800-565-4614 ext. 425
Self Care for the Bereaved Caregiver	Zoom	Weekly, 16 weeks, Tuesdays	Sept 5 to Dec 19	12:00-3:00pm	☎ 1-800-565-4614 ext. 425