

Hamilton

Group	Location	Day	Dates	Time	To Register
Long-Term Care	550 Fennel	Monthly, 3 rd	Jul 19 th , Aug 16 th ,	10:00-11:30am	1 -800-565-4614
Support Group	Ave. East,	Wednesday	Sep 20 th , Oct 18 th ,		
	Hamilton	of month	Nov 15 th , Dec 20 th		
Men's Support	550 Fennel	Monthly, 3 rd	Jul 20 th , Aug 17 th ,	3:00-4:30pm	1 -800-565-4614
Group	Ave. East,	Thursday of	Sep 21 st , Oct 19 th ,		
	Hamilton	month	Nov 16 th , Dec 21 st		
Spousal Support	550 Fennel	Monthly, 2 nd	July 13 th , Aug 10 th ,	2:00-3:30pm	1 -800-565-4614
Group	Ave. East,	Thursday of	Sept 14 th , Oct 12 th ,		
	Hamilton	month	Nov 9 th , Dec 14 th		
Frontotemporal	550 Fennel	Monthly, 3 rd	Jul 18 th , Aug 15 th ,	2:00-3:30pm	1 -800-565-4614
Dementia Carers	Ave. East,	Tuesday of	Sept 19 th , Oct 17 th ,		
Support Group	Hamilton	month	Nov 21 st , Dec 19 th		
Early Stage	1041 West 5th	Weekly, 6	June 15 th , June 22 nd ,	10:30-12:00pm	1 -800-565-4614
Support Group	Street,	weeks, Friday	June 29 th , July 6 th ,		
	Hamilton, ON		July 13 th , July 20 th		
Consumer Company	L9B 1J5	Mandaha C	NAOV 24th NAOV 24st	C.00 7.20mm	23 1 000 FCF 4C14
Spousal Support	Zoom	Weekly, 6	May 24 th , May 21 st ,	6:00-7:30pm	1 -800-565-4614
Group		weeks, Wednesday	June 7 th , June 14 th , June 21 st , June 28 th		
Early Stage	Zoom	*On hold	Every Wednesday	1:00-2:30pm	2 1-800-565-4614
Dementia Peer		until Fall*	until December	•	
Support Group					
Self Care for the	Zoom	Weekly, 16	Sept 6 to Dec 20	12:00-3:00pm	1 -800-565-4614
Caregiver		weeks,	-		ext. 425
		Wednesdays			
Self Care for the	Zoom	Weekly, 16	Sept 5 to Dec 19	12:00-3:00pm	1 -800-565-4614
Bereaved		weeks,	,		ext. 425
Caregiver		Tuesdays			



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, 1st 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



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	Aug25th, 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	2 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



Haldimand Norfolk

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