

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

Hamilton – Support Groups

Group	Location	Day	Dates	Time
Adult Child Support Group	1041 West 5th Street, Hamilton	Weekly, 6 weeks, Wednesday	Jan 10 th , Jan 17 th , Jan 24 th , Jan 31 st , Feb 7 th , Feb 14 th	6:00-7:30pm
Adult Child Support Group	Zoom	Weekly, 6 weeks, Monday	Jan 8 th , Jan 15 th , Jan 22 nd , Jan 29 th , Feb 5 th , Feb 12 th	6:00-7:30pm
Adult Child Support Group	Zoom	Weekly, 6 weeks, Thursday	Jan 11 th , Jan 18 th , Jan 25 th , Feb 1 st , Feb 8 th , Feb 15 th	1:00-2:30pm
Adult Child Support Group	Zoom	Weekly, 6 weeks, Thursday	Jan 25 th , Feb 1 st , 8 th , 15 th , 22 nd , 29 th	6:00-7:30pm
Frontotemporal Dementia Carers Support Group	1041 West 5th Street, Hamilton	Monthly, second Thursday of month	January 11 th , Feb 8 th , Mar 14 th , Apr 11 th , May 9 th , June 13 th , July 11 th , Aug 8 th , Sept 12 th , Oct 10 th , Nov 14 th , Dec 12 th	1:00-2:30pm
Long Term Care Support Group for Care Partners	1041 West 5th Street, Hamilton, ON L9B 1J5	Monthly, third Tuesday of month	Jan 16 th , Feb 20 th , Mar 19 th , April 17 th , May 21 st , June 18 th , July 17 th , Aug 20 th , Sept 17 th , Oct 16 th , Nov 19 th , Dec 17 th	2:00-3:30pm
Men’s Care Giving Group	550 Fennel Ave E. Hamilton	Monthly, third Thursday of month (4 th Thurs in Feb)	Feb 22 th , Mar 15 th , Apr 18 th , May 16 th , June 20 th , July 18 th , Aug 15 th , Sept 19 th , Oct 17 th , Nov 21 st , Dec 19 th	1:30-3:00pm
Self Care for the Caregiver	Zoom	Weekly, 16 weeks, Tuesdays	Jan 16 th - May 7 th Exclusion: Mar 12 th no meeting	12:00-3:00pm
Spousal	550 Fennel Ave E. Hamilton	Monthly, third Monday of month	Jan 15 th , Feb 19 th , Mar 18 th , Apr 15 th , May 20 th , June 17 th , Jul 15 th , Aug 19 th , Sep 16 th , Oct 21 st , Nov 18 th , Dec 16 th	1:30-3:00pm

1-800-565-4614

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Halton – Support Groups

Group	Location	Day	Dates	Time
Adult Child Support Group	Zoom	Monthly, last Thursday/month	Jan 25 th , Feb 29 th , Mar 28 th , Apr 26 th , May 30 th , June 27 th , July 27 th , Aug 29 th , Sept 26 th , Oct 31 st , Nov 28 th , Dec 26 th	4:30-6:30pm
Adult Child Support Group	Zoom	Weekly, 6 weeks on Mondays	Jan 8 th , Jan 15 th , Jan 22 nd , Jan 29 th , Feb 5 th , Feb 12 th	6:00-7:30pm
Adult Child Support Group	Zoom	Weekly, 6 weeks, Thursday	Jan 11 th , Jan 18 th , Jan 25 th , Feb 1 st , Feb 8 th , Feb 15 th	1:00-2:30pm
Grief & Loss for Active Care Partners	4391 Harvester Rd, Unit 8 Burlington	Weekly, 6 weeks, Thursday	Feb 22 nd , Feb 29 th , Mar 7 th , Mar 14 th , Mar 21 st , Mar 28 th	10:00-11:30am
Long Term Care Support Group for Care Partners	Zoom	Monthly, third Tuesday/month	Jan 16 th , Feb 20 th , March 19 th , April 16 th , May 21 st , June 18 th , July 16 th , August 20 th , Sept 17 th , Oct 15 th , Nov 19 th , Dec 17 th	2:00-3:30pm
Men’s Care Partner Support Group	4391 Harvester Rd, Unit 8 Burlington	Monthly, fourth Friday/month	Feb 23 rd , Mar 22 nd , Apr 26 th , May 24 th , June 28 th , Jul 26 th , Aug 23 rd , Sept 27 th , Oct 25 th , Nov 22 nd , Dec 27 th	10:00-11:30
Self Care for the Caregiver	Zoom	Weekly, 16 weeks, Tuesdays	Jan 16 th - May 7 th Exclusion: Mar 12 th no meeting	12:00-3:00pm
Spousal Support Group	456 Trafalgar Rd. Sunrise RH	Mondays, 6 weeks	Jan 22 nd , Jan 29 th , Feb 5 th , Feb 12 th , Feb 19 th , Feb 26 th	10:00-11:30am
Spousal Support Group	Zoom	Monthly, fourth Friday/month	Jan 26 th , Feb 23 rd , Mar 29 th , Apr 26 th , May 31 st , June 28 th , July 26 th , Aug 23 rd , Sept 27 th , Oct 25 th , Nov 29 th , Dec 27 th	10:00-11:30am
Spousal Support Group	4391 Harvester Rd, Unit 8 Burlington	Weekly, 6 weeks, Wednesdays	Jan 17 th , Jan 24 th , Jan 31 st , Feb 7 th , Feb 14 th , Feb 21 st	1:00-2:30pm

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Brantford & Paris – Support Groups

Group	Location	Day	Dates	Time
Long Term Care Care Partner Group	Brantwood 25 Bell Lane, Suite 100	Weekly, 6 weeks	TBA	
Self Care for the Caregiver	Zoom	Weekly, 16 weeks, Tuesdays	Jan 16 th - May 7 th Exclusion: Mar 12 th no meeting	12:00-3:00pm
Spousal Support Group	Brantwood 25 Bell Lane, Suite 100	Monthly, third Tuesday/month	Feb 20 th , Mar 19 th , Apr 16 th , May 21 st , June 18 th , Aug 20 th , Sept 17 th , Oct 15 th , Nov 19 th , Dec 17 th	10-11:30
Spousal Support Group	Cowan Hub, 25 Curtis Ave N, Paris, ON N3L 3V3	Monthly, second Friday/month	Feb 9 th , Mar 8 th , Apr 12 th , May 10 th , June 14 th , Jul 12 th , Aug 9 th , Sept 13 th , Oct 11 th , Nov 8 th , Dec 13 th	2:00-3:30pm

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Haldimand & Norfolk – Support Groups

Group	Location	Day	Dates	Time
Spousal Support Group	Simcoe	Weekly, 6 weeks, Tuesdays	Feb 6 th , Feb 13 th , Feb 20 th , Feb 27 th , Mar 5 th , Mar 12 th	10:00-11:30am
Care Partner Support Group	Port Dover	Monthly, 6 months, second Tues/mo	Jan 9 th , Feb 13 th , Mar 12 th , Apr 10 th , May 14 th , June 13 th	1:30-3:00pm
Care Partner Support Group	Dunnville	Monthly, 6 months, Wednesdays	Jan 10 th , Feb 14 th , Mar 13 th , Apr 10 th , May 8 th , June 12 th	1:00-3:00pm
Grief & Loss for the Active Care Partner	Hagersville	Quarterly, second Tuesday/month	Jan 9 th , Feb 13 th , March 12 th .	1:30pm-3:00pm
Self Care for the Caregiver	Zoom	Weekly, 16 weeks, Tuesdays	Jan 16 th - May 7 th Exclusion: Mar 12 th no meeting	12:00-3:00pm

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