

Connect with others on the dementia journey through our support groups

If you are affected by dementia, you are not alone. There are others to share the journey with you. We currently offer regional support groups in-person and provincial support groups virtually for caregivers and people living in the early stages of dementia.

Please note: Due to the high level of interest in our support groups for people living with dementia and for caregivers, we are only listing groups with space for new members. If you're interested in joining a support group but do not see one for your area, please call the First Link® Dementia Helpline and we will add you to an interest list.

To register:

- For groups in Cantonese and Mandarin, call the Chinese First Link® Dementia Helpline at 1-833-674-5007
- For groups in Punjabi and Hindi, call the South Asian First Link® Dementia Helpline at 1-833-674-5003
- For all other groups, call the First Link® Dementia Helpline at 1-800-936-6033

Please note that the schedule is subject to change due to holidays or other conflicts. You will be notified by your facilitator upon registration.

In-person caregiver support groups	
Support group	Date
South Okanagan and Similkameen Open to anyone in the South Okanagan and Similkameen who is currently caring for a person living with dementia. Our family caregiver support groups offer a safe place to learn about dementia and community resources. Connect with others on the dementia journey.	Penticton 1st Monday of the month, 7 to 8:30 p.m. Princeton 1st Thursday of the month, 10 to 11:30 a.m. Summerland 4th Tuesday of the month, 6:30 to 8 p.m.
Early-stage support group	
Open to people living with early symptoms of dementia to discuss the impact of the disease, share stories, experiences and learn from one another about how to live well with dementia.	Penticton 2nd Wednesday of the month, 2 to 3:30 p.m.
Virtual general caregiver support groups	
General support group Open to anyone in B.C. who is currently caring for a person living with dementia.	1st Tuesday of the month, 7 to 8:30 p.m. 2nd Monday of the month, 7 to 8:30 p.m. 2nd Friday of the month, 10 to 11:30 a.m. 3rd Thursday of the month, 2 to 3:30 p.m. 4th Tuesday of the month, 2 to 3:30 p.m.
General support group (Cantonese) Open to anyone in B.C. who speaks Cantonese and is currently caring for a person living with dementia.	For more information, please call the Chinese First Link® Dementia Helpline at 1-833-674-5007.

Support group	Date
General support group (Punjabi/Hindi) Open to anyone in B.C. who speaks Punjabi or Hindi and is currently caring for a person living with dementia.	For more information, call the South Asian First Link® Dementia Helpline at 1-833-674-5003.
General support group (Mandarin) Open to anyone in B.C. who speaks Mandarin and is currently caring for a person living with dementia.	For more information, call the Chinese First Link® Dementia Helpline at 1-833-674-5007.

Virtual specialized support groups

Adult children support group Open to caregivers anywhere in B.C. who are caring for a parent living with dementia.	For more information, please call the First Link® Dementia Helpline at 1-800-936-6033
Young onset support group Open to caregivers anywhere in B.C. who are caring for a person living with dementia who was diagnosed before the age of 65.	For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.
Long-term care support group Open to caregivers anywhere in B.C. who are caring for a person living with dementia in a long-term care home.	3rd Tuesday of the month, 10 to 11:30 a.m. 4th Thursday of the month, 2 to 3:30 p.m.
2SLGBTQIA+ support group Open to 2SLGBTQIA+ caregivers or caregivers of a person living with dementia who identifies as 2SLGBTQIA+ anywhere in B.C.	1st Wednesday of the month, 7 to 8:30 p.m.
Lewy body dementia support group Open to caregivers anywhere in B.C. who are caring for a person living with Lewy body dementia.	For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.
Early-stage support group Open to people living with early symptoms of dementia to discuss the impact of the disease, share stories, experiences and learn from one another about how to live well with dementia.	For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.
BvFTD support group Open to caregivers anywhere in B.C. who are caring for someone with behavioural variant frontotemporal dementia	For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.

Register by calling the First Link® Dementia Helpline at 1-800-936-6033 (English), 1-833-674-5007 (Cantonese or Mandarin) or 1-833-674-5003 (Punjabi or Hindi)