

Supported by:



Ontario

Erie St. Clair Local Health
Integration Network

Care Partner

SUPPORT &
WELLBEING GROUP

Caregiver Support and Wellbeing Groups are an opportunity for self-care. They are for *all caregivers affected by Alzheimer's disease or related dementias* and offer an opportunity to share experiences, learn new coping strategies and take time for oneself.

Chatham	Chatham	Blenheim	Tilbury
VON Office: 190 Stanley Ave, Chatham	VON Office: 190 Stanley Ave, Chatham	Blenheim Community Village: 10 Mary Ave. Blenheim	Hudson Manor 36 Lawson St., Tilbury
2 ND WEDNESDAY OF EACH MONTH 1:30PM – 3PM	LAST TUESDAY OF EACH MONTH 9:30AM – 11AM	3 RD THURSDAY OF EACH MONTH 2:00PM – 3:30PM	1 ST WEDNESDAY OF EACH MONTH 2:00PM – 3:30PM