

Supported by:



Care Partner

SUPPORT &
WELLBEING GROUP

Care Partner Support and Wellbeing Groups are an opportunity for self-care. They are for *all Care Partners 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	Wallaceburg
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	Chatham-Kent Family Health Team 30 McNaughton Ave. Wallaceburg
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	LAST WEDNESDAY OF EACH MONTH 1:30PM – 3:00PM