



The  
**Dementia  
Society**  
Ottawa and Renfrew County

## SCHEDULE AND REGISTRATION:

# VIRTUAL SUPPORT GROUPS **NOVEMBER 2021**



### Virtual Caregiver Support Groups

Tuesdays, 10:00AM—12:00PM

November 2<sup>th</sup>

November 9<sup>th</sup>

November 16<sup>th</sup>

November 23<sup>rd</sup>

November 30<sup>th</sup>

Register [here](#)

Wednesdays, 6:30PM—8:30PM

November 3<sup>st</sup>

November 10<sup>th</sup>

November 17<sup>th</sup>

November 24<sup>th</sup>

Register [here](#)

Thursdays, 1:00PM—3:00PM

November 4<sup>th</sup>

November 11<sup>th</sup>

November 18<sup>st</sup>

November 25<sup>st</sup>

Register [here](#)



## NOVEMBER 2021

### Grief Peer Virtual Support Group 6:30PM—8:30PM

November 9<sup>th</sup>

Register [here](#)

### Groupe Soutien pour proches aidants 13:00—15:00

9 novembre

Inscrivez-vous [ici](#)

### LTC and Retirement Home Virtual Support Group 2:00PM—3:30PM

November 10<sup>th</sup>

Register [here](#)

### Younger Caregiver Virtual Support Group 6:30PM—8:30PM

November 18<sup>st</sup>

Register [here](#)

### Arabic Community Virtual Support Group 5:30PM—7:30PM

November 23<sup>th</sup>

Register [here](#)

### Multicultural Virtual Support Group 4:00PM—7:00PM

November 18<sup>th</sup>

Register [here](#)

### Saturday "Coffee and Support Group" Saturdays, 10:00AM—10:30AM

November 6<sup>th</sup>

November 13<sup>th</sup>

November 20<sup>th</sup>

November 27<sup>th</sup>

Register [here](#)



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**SCHEDULE AND REGISTRATION:  
IN-PERSON SUPPORT GROUPS  
INDOOR**  
**NOVEMBER 2021**



**Caregiver Support Groups indoor**  
**Ottawa East-Fridays 10:00AM—12:00PM**

**November 5<sup>th</sup>**

**Register [here](#)**

**Ottawa West, Friday 10:00AM—12:00PM**

**November 12<sup>th</sup>**

**Register [here](#)**

**November 19<sup>th</sup>**

**Register [here](#)**

**Ottawa South, Friday 10:00AM—12:00PM**

**November 26<sup>th</sup>**

**Register [here](#)**