



The
**Dementia
Society**
Ottawa and Renfrew County

SCHEDULE AND REGISTRATION:

VIRTUAL SUPPORT GROUPS **DECEMBER 2021**



Virtual Caregiver Support Groups

Tuesdays, 10:00AM—12:00PM

December 7th

December 14th

December 21th

Register [here](#)

Wednesdays, 6:30PM—8:30PM

December 1st

December 8th

December 15th

December 22th

December 29th

Register [here](#)

Thursdays, 1:00PM—3:00PM

December 2nd

December 9th

December 16st

December 23st

December 30th

Register [here](#)



December 2021

Grief and Loss Peer Support Group

6:30PM—8:30PM

December 14th

Register [here](#)

Groupe Soutien pour proches aidants

13:00—15:00

14 decembre

Inscrivez-vous [ici](#)

LTC and Retirement Home Virtual Support Group

2:00PM—3:30PM

December 15th

Register [here](#)

Younger Caregiver Virtual Support Group

6:30PM—8:30PM

December 16th

Register [here](#)

Multicultural Virtual Support Group

4:00PM—7:00PM

December 16th

Register [here](#)

Saturday "Coffee and Support Group"

Saturdays, 10:00AM—10:30AM

December 4th

December 11th

December 18th

Register [here](#)





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

DECEMBER 2021



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

December 3rd

Register [here](#)

Ottawa West, Friday 10:00AM—12:00PM

December 10th

Register [here](#)

Ottawa South, Friday 10:00AM—12:00PM

December 17th

Register [here](#)