

Telehealth Ontario offers after-hours support!
1-866-797-0000

SUPPORT GROUPS FOR CAREGIVERS

<p>HANOVER Caregiver Support Group</p> <p>HANOVER SUPPORT GROUP NEW LOCATION </p> <p>as of Wednesday, August 5, 2015</p>	<p>Hanover Care Centre (Activation Room) 700 19th Ave, Hanover 1st Wed of every month 1:30 - 3:30 p.m.</p> <p>The Village Senior's Community Sprucewood Court (physio room) 101 10th Street, Hanover 1st Wednesday of every month 1:30 p.m. to 3:30 p.m.</p>
<p>KINCARDINE Caregiver Support Group</p>	<p>Trillium Court (Formal Dining Room) 550 Phillip Place, Kincardine 2nd Thursday of every month 1:30 - 3:00 p.m.</p>
<p>MARKDALE/FLESHERTON Caregiver Support Group</p>	<p>Markdale Public Library (Board Room) 75 Walker Street, Markdale 1st Thursday of every month 1:30 – 3:30 p.m.</p>
<p>MEAFORD/THORNBURY Caregiver Support Group</p>	<p>L.E. Shore Memorial Library (Board Room) 183 Bruce Street South, Thornbury 3rd Wednesday of every month 1:30 – 3:30 p.m.</p>
<p>OWEN SOUND Spousal Caregiver Support Group</p>	<p>Seasons Owen Sound 1389 16th Ave East Owen Sound 2nd MONDAY of every month 2:00 – 4:00 p.m.</p>
<p>OWEN SOUND Support Group for Adults caring for a parent diagnosed with dementia ON HOLD</p>	<p>Alzheimer Society Office 753 2nd Ave E., Owen Sound 1st Wednesday of every month 7:00 – 9:00 p.m.</p>
<p>PORT ELGIN Caregiver Support Group</p>	<p>Elgin Lodge Retirement Home (Chapel) 551 Mary St. Port Elgin 1st Thursday of every month 1:30 - 3:30 p.m.</p>



What Caregivers say about First Link Support Groups...

I don't feel as fearful knowing that I have my support group to fall back on when I get discouraged by Mom's behaviour. (Mom has Lewy Body Dementia.)

We tackle some pretty tough issues. I always learn something new each time I attend. (Wife recently lost driving privileges.)

I didn't think it was for me but my group understands what I'm going through. They listen and don't judge me and what we say there stays there. (Wife is in Long Term



It's nice to know that we can support one another in the group. We have developed some pretty good friendships and can be

It's definitely not a 'downer'! We have lively and inspiring discussions. We laugh. We cry. Mostly we come