



# ESS Caregiver Support Group

Are you caring for someone with Alzheimer's disease or  
a memory related impairment?

**You are not alone on your journey.**

**Join our Support Group.**

Our monthly Caregiver Support Group is open to family and friends of persons with Alzheimer's disease and related memory disorders.

A support group provides a safe place where you can share your personal experiences, talk to other caregivers, relieve stress and learn useful tips about care giving.

## **When:**

Every second Wednesday of the month from 1:00 – 2:30 pm

## **Where:**

Scarlett Heights Retirement Home  
(4005 Eglinton Ave. West)

## **Upcoming Meetings:**

January 10	July 11
February 14	August 8
March 14	September 12
April 11	October 10
May 9	November 14
June 13	December 12

**For more information  
please call our Intake  
Coordinator at  
416-243-0127  
ext. 503**

*ESS Support Services is not-for-profit agency committed to supporting seniors in their desire to remain in their own homes and community.*

[www.esssupportservices.ca](http://www.esssupportservices.ca)