



Caregiver Support Group



You are not alone on your journey. Join our monthly support group.

2025 Schedule:

Oct 08
Nov 12
Dec 10

2026 Schedule:

Jan 14
Feb 11
March 11
April 8
May 13
June 10
July 8
August 12

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

The support group is a place where staff provide community resources for caregivers, offer information about cognitive impairments, and host workshops or informative meetings for caregivers. Additionally, they provide ways to reduce burnout and stress among caregivers, and caregivers share their personal experiences with one another.

No cost for attending the meeting. Beverage and snacks provided.

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

Where: Takes place virtually from the comfort of your own home and in-person at 48A Rosemount Ave., York (Toronto), M9N 3B3.

CONTACT ESS TODAY

www.esssupportservices.ca

416-243-0127 ext. 220

pkaur@esssupportservices.ca

ESS Support Services is a not-for-profit agency caring for aging adults, in their homes and community, through programs that support well-being.