

Current Family Support Groups North Central Region



Gladstone

Tuesdays, Oct. 8, Nov. 12 and Dec. 17
1:30 pm
Centennial Apartments Dining Room



Portage la Prairie

Third Thursday of the month, 9:30 am
Alzheimer Society North Central Office

Treherne

First Thursday of the month, 1:30 pm
Boardroom at Tiger Hills Health Centre

Sometimes it helps to talk to other people who are experiencing the same feelings, frustrations and challenges as you.

These groups bring caregivers together to talk about their experiences and offer support and advice to each other



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