



**Caregivers**  
Alberta | CARING FOR  
CAREGIVERS

## COMMUNITY PROGRAMS

opportunities for  
support & education

### EDUCATION SESSIONS

We offer **ONLINE** sessions with guest speakers and various topics several times a month.

*\*Time and Date vary. Please check our online events calendar.*



### CAREGIVER PEER SUPPORT

Connect with caregivers across Alberta!

**Mondays at 10:00 AM, Tuesdays at 6:00 PM and Thursdays at 1:00 PM**

*\*all groups currently ONLINE*

### PARTNERED PROGRAMS

**1st Wednesday of month TeleSupport\* | 780.395.2626**

**1:00 PM** *\*in partnership with Senior Centre Without Walls*

**EVERY Wednesday Well Connected: a virtual day program**

**10:00 AM** *\*in partnership with Eldercare Edmonton*

CHECK OUR PROGRAM & EVENTS CALENDAR FOR THE LATEST DATES/TIMES

[WWW.CAREGIVERSALBERTA.CA/CALENDAR](http://WWW.CAREGIVERSALBERTA.CA/CALENDAR)

REGISTER DIRECTLY AT:

**1.877.453.5088 | [CAREGIVERSALBERTA.EVENTBRITE.COM](http://CAREGIVERSALBERTA.EVENTBRITE.COM)**