



2020 Free Caregiver Support Groups



For People Caring for their Aging Relatives

These groups provide platforms to share challenges, experiences and to learn from others to make a difference.

Language	Dates	Time	Room
English	Second Tue of Every Month January 14, February 11, March 10, April 14, May 12, June 9, July 14, August 11, September 8, October 13, November 10, December 8	1:30 pm – 3:00 pm	Seminar Room C
Cantonese	Last Wed of Every Month January 29, February 26, March 25, April 29, May 27, June 24, July 29, August 26, September 30, October 28, November 25, December 30	5:15pm – 6:15pm	Recreation Room
Mandarin	Fourth Wed of Every Month January 22, February 26, March 25, April 22, May 27, June 24, July 22, August 26, September 23, October 28, November 25, December 23	1:30pm – 3:00pm	Seminar Room C
Tamil	Second Tue of Every Month January 14, February 26, March 10, April 14, May 12, June 9, July 14, August 11, September 8, October 13, November 10, December 8	3:30pm – 5:00pm	Seminar Room C

Location: SPLC (Senior Persons Living Connected) 3333 Finch Ave. E.
(southwest corner of Finch & Warden)

For More Information:

Please Call Elsa ☎ 416-493-3333 ext. 305

Or email elsa@splc.ca