

Connect with others on the dementia journey through our support groups

If you are affected by dementia, you are not alone. There are others to share the journey with you. We currently offer regional support groups in-person and provincial support groups virtually for caregivers and people living in the early stages of dementia.

Please note: Due to the high level of interest in our support groups for people living with dementia and for caregivers, we are only listing groups with space for new members. If you're interested in joining a support group but do not see one for your area, please call the First Link® Dementia Helpline and we will add you to an interest list.

To register:

- For groups in Cantonese and Mandarin, call the Chinese First Link® Dementia Helpline at 1-833-674-5007.
- For groups in Punjabi and Hindi, call the South Asian First Link® Dementia Helpline at 1-833-674-5003.
- For all other groups, call the First Link® Dementia Helpline at 1-800-936-6033.

Please note that the schedule is subject to change due to holidays or other conflicts. You will be notified by your facilitator upon registration.

Virtual general caregiver support groups

Support group	Date
<p>General support group Open to caregivers anywhere in B.C. who are currently caring for a person living with dementia.</p>	<p>1st Tuesday of the month, 7 to 8:30 p.m. 2nd Monday of the month, 7 to 8:30 p.m. 2nd Friday of the month, 10 to 11:30 a.m. 3rd Thursday of the month, 2 to 3:30 p.m.</p>
<p>General support group (Punjabi/Hindi) Open to caregivers anywhere in B.C. who speak Punjabi or Hindi and are currently caring for a person living with dementia.</p>	<p>For more information, call the South Asian First Link® Dementia Helpline at 1-833-674-5003.</p>
<p>General support group (Mandarin) Open to anyone in B.C. who speaks Mandarin and is currently caring for a person living with dementia.</p>	<p>For more information, call the Chinese First Link® Dementia Helpline at 1-833-674-5007.</p>

Register by calling the First Link® Dementia Helpline at 1-800-936-6033

Virtual specialized support groups

Support group	Date
<p>Adult children support group Open to caregivers anywhere in B.C. who are caring for a parent living with dementia.</p>	2nd Wednesday of the month, 7 to 8:30 p.m.
<p>Young onset support group Open to caregivers anywhere in B.C. who are caring for a person living with dementia who was diagnosed before the age of 65.</p>	For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.
<p>Long-term care support group Open to caregivers anywhere in B.C. who are caring for a person living with dementia in a long-term care home.</p>	3rd Tuesday of the month, 10 to 11:30 a.m.
<p>2SLGBTQIA+ support group Open to 2SLGBTQIA+ caregivers or caregivers of a person living with dementia who identifies as 2SLGBTQIA+ anywhere in B.C.</p>	1st Wednesday of the month, 7 to 8:30 p.m.
<p>Early stage support group Open to people living with early symptoms of dementia to discuss the impact of the disease, share stories, experiences and learn from one another about how to live well with dementia.</p>	For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.
<p>Lewy body dementia support group Open to caregivers anywhere in B.C. who are caring for a person living with Lewy body dementia.</p>	For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.
<p>BvFTD support group Open to caregivers anywhere in B.C. who are caring for someone with behavioural variant frontotemporal dementia.</p>	For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.

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