

# January 2026 Support Group Meeting Calendar

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
|  <p><b>Alzheimer's Support Network</b><br/> 1421 Pine Ridge Rd., Suite 100<br/> Naples, FL 34109<br/> 239-262-8388<br/> Help@support.network<br/> http://support.network</p> |  |  | <p><b>1</b><br/> <b>OFFICE<br/>CLOSED</b><br/> <br/> <b>Happy<br/>New Year!</b></p>  | <p><b>2</b><br/> 9:30-11:00<br/> Self Care, 12 Step, Email<br/> <a href="mailto:Karen@Support.Network">Karen@Support.Network</a><br/> 10:00-11:30<br/> Marco Island Support,<br/> <i>in person only</i><br/> at Watermark</p> |
| <p><b>5</b></p>   | <p><b>6</b><br/> 10:00-11:30<br/> **<u>General Support</u><br/> with**<u>Brain Fitness</u><br/> 1:30—3:00<br/> <u>#Lewy Body Sup-</u><br/> <u>port, Hybrid Link</u></p>                    | <p><b>7</b><br/> 5:30-7:00<br/> <u>Adult Children</u><br/> <u>Support,</u><br/> <u>Online Only</u></p>   | <p><b>8</b><br/> 10:00-11:30<br/> *<u>General Support</u><br/> with**<u>Brain Fitness</u><br/> 1:30-3:00<br/> *<u>General Support</u><br/> with**<u>Brain Fitness</u></p>  | <p><b>9</b><br/> 9:30-11:00<br/> Self Care, 12 Step, Email<br/> <a href="mailto:Karen@Support.Network">Karen@Support.Network</a><br/> 9:30-11:00<br/> <u>Grief AFTER the</u><br/> <u>Journey Support, Hybrid</u></p>          |
| <p><b>12</b><br/> 10:00-11:30<br/> <u>#Frontotemp-</u><br/> <u>oral (FTD)</u><br/> <u>Support,</u><br/> <u>Hybrid Link</u></p>  | <p><b>13</b><br/> 10:00-11:30<br/> **<u>General Support</u><br/> with**<u>Brain Fitness</u><br/> 1:30-3:00<br/> <u>#Early Stage</u><br/> <u>Support, Hybrid</u></p>                        | <p><b>14</b><br/> 3:30-5:00<br/> <u>Professional</u><br/> <u>Caregivers</u><br/> <u>Support,</u><br/> <u>Hybrid Link</u></p>   | <p><b>15</b><br/> 10:00-11:30<br/> *<u>General Support</u><br/> with**<u>Brain Fitness</u><br/> 1:30-3:00<br/> *<u>General Support</u><br/> with**<u>Brain Fitness</u></p> | <p><b>16</b><br/> 9:30-11:00<br/> Self Care -12 Step, Email<br/> <a href="mailto:Karen@Support.Network">Karen@Support.Network</a><br/> 9:30-11:00<br/> <u>Grief THROUGH the</u><br/> <u>Journey Support, Hybrid</u></p>       |
| <p><b>19</b><br/> <b>OFFICE<br/>CLOSED<br/>for<br/>Martin Luther<br/>King Day</b></p>   | <p><b>20</b><br/> 10:00-11:30<br/> **<u>General Support</u><br/> with**<u>Brain Fitness</u><br/> 1:30-3:00<br/> <u>#Vascular</u><br/> <u>Dementia Support,</u><br/> <u>Hybrid Link</u></p> | <p><b>21</b><br/> 5:30-7:00<br/> <u>Adult Children</u><br/> <u>Support,</u><br/> <u>Online Only</u></p>  | <p><b>22</b><br/> 10:00-11:30<br/> *<u>General Support</u><br/> with**<u>Brain Fitness</u><br/> 1:30-3:00<br/> *<u>General Support</u><br/> with**<u>Brain Fitness</u></p> | <p><b>23</b><br/> 9:30-11:00<br/> Self Care, 12 Step, Email<br/> <a href="mailto:Karen@Support.Network">Karen@Support.Network</a><br/> 9:30-11:00<br/> <u>Grief AFTER the</u><br/> <u>Journey Support, Hybrid</u></p>         |
| <p><b>26</b></p>  | <p><b>27</b><br/> 10:00-11:30<br/> **<u>General Support</u><br/> with**<u>Brain Fitness</u><br/> 1:30-3:00<br/> <u>#Early Stage</u><br/> <u>Support, Hybrid</u></p>                        | <p><b>28</b><br/> 10:00-11:30<br/> <u>NEW Support</u><br/> <u>for Families of</u><br/> <u>Someone in a</u><br/> <u>Care</u><br/> <u>Community,</u><br/> <u>Hybrid Link</u></p> | <p><b>29</b><br/> 10:00-11:30<br/> *<u>General Support</u><br/> with**<u>Brain Fitness</u><br/> 1:30-3:00<br/> *<u>General Support</u><br/> with**<u>Brain Fitness</u></p> | <p><b>30</b><br/> 9:30-11:00<br/> Self Care, 12 Step, Email<br/> <a href="mailto:Karen@Support.Network">Karen@Support.Network</a></p>   |

*This page lists the Support Groups Only.*

*Please see the next page for additional opportunities for Education and Engagement*  
\*General Support Groups are on Tuesdays and Thursdays at 10, and on Thursdays at 1:30.  
All meetings are Hybrid (In person and online)

**\*\*Brain Fitness Center** provides fun and meaningful activities in another room  
for your loved one with brain change while you attend the General Support Group meetings  
(not a “drop-off” program).

Please note the many other Support Groups designed for those dealing with specific issues.  
#Those meetings marked with # welcome the person with brain change and/or the care partner.

*Support Groups are open to all family caregivers and friends.*

*No reservations are necessary.*