

# January 2026 Support Group Meeting Calendar

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

*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.*