

FALL 2021 GROUPS

WOMEN@HEART PEER SUPPORT PROGRAM

GROUP	TIME	DAY	SESSIONS									
			1	2	3	4	5	6	7	8	9	10
GROUP 15	6:00 PM - 8:00 PM	TUESDAY	14-Sep	21-Sep	28-Sep	5-Oct	19-Oct	2-Nov	16-Nov	30-Nov	14-Dec	4-Jan
GROUP 16	1:00 PM - 3:00 PM	TUESDAY	21-Sep	28-Sep	5-Oct	12-Oct	26-Oct	9-Nov	23-Nov	7-Dec	4-Jan	18-Jan
GROUP 17	6:00 PM - 8:00 PM	TUESDAY	28-Sep	5-Oct	12-Oct	19-Oct	2-Nov	16-Nov	30-Nov	14-Dec	4-Jan	18-Jan
GROUP 18	10:00 AM -12:00PM	WEDNESDAY	29-Sep	6-Oct	13-Oct	20-Oct	3-Nov	17-Nov	1-Dec	15-Dec	5-Jan	19-Jan
GROUP 19 (FRENCH)	9:00AM - 11:00AM	TUESDAY	5-Oct	12-Oct	19-Oct	26-Oct	9-Nov	23-Nov	7-Dec	4-Jan	18-Jan	1-Feb
GROUP 20	6:00PM-8:00PM	THURSDAY	7-Oct	14-Oct	21-Oct	28-Oct	11-Nov	25-Nov	9-Dec	6-Jan	20-Jan	3-Feb
GROUP 21	1:00PM - 3:00PM	WEDNESDAY	13-Oct	20-Oct	27-Oct	3-Nov	17-Nov	1-Dec	15-Dec	5-Jan	19-Jan	2-Feb
GROUP 22	2:00PM - 4:00PM	WEDNESDAY	20-Oct	27-Oct	3-Nov	10-Nov	24-Nov	8-Dec	5-Jan	19-Jan	2-Feb	16-Feb
GROUP 23 (SCAD GROUP)	6:00PM-8:00PM	TUESDAY	26-Oct	2-Nov	9-Nov	16-Nov	30-Nov	14-Dec	4-Jan	18-Jan	1-Feb	15-Feb



CANADIAN WOMEN'S
HEART HEALTH CENTRE
CENTRE CANADIEN DE SANTÉ
CARDIAQUE POUR LES FEMMES

WOMEN@HEART
PEER SUPPORT PROGRAM