

**Carers Groups:** These groups offer casual conversations followed by an educational topic of interest. They are designed to support carers with information and education while providing members an opportunity to reduce feelings of isolation and emotionally support each other by sharing valuable resources, coping techniques, and practical strategies from their lived experiences. This is a compassionate, safe space for those caring for loved ones with Huntington disease (HD) to share their experiences and challenges.

**Living with HD Support Groups:** This support group provides a safe and understanding environment for individuals living with Huntington disease to share experiences and gain mutual support. Participants will have an opportunity to connect with others facing similar challenges, access resources and education, and receive emotional support.

**Living with HD Virtual Coffee/Social Groups:** Don't miss a single opportunity to connect with others! Join our virtual coffee chats in a safe and relaxed setting to talk with others in the HD community who are at-risk, gene positive or have an HD diagnosis. Conversations can be about shared interests or hobbies or where you are in your journey with HD.

**Living with HD In-Person Coffee/Social Groups:** Come out to meet with other local people who have HD in their lives in a safe and relaxed setting to talk, visit, give and receive support. Join others who are at-risk, gene positive or have an HD diagnosis. Conversations can be about shared interests or hobbies or where you are in your journey with HD.

**In-Person HD Community Support Group:** This support group focuses on creating a supportive community, offering educational resources, and providing a space for emotional support for those affected by Huntington disease and their families.

**In-Person HD Community Social Group:** Our HD community social group is a fun way to socialize with others in the HD community while doing an art project, enjoying snacks, and talking about your interests or hobbies or where you are in your journey with HD. This is primarily a social group to build community and reduce isolation. The focus is on living well with HD. A minor education component may be included during some gatherings.

**Parenting Group:** This group is for parents or guardians of children with symptomatic HD. The group is being restructured with a new focus. Stay tuned!

**In-Between Years Group:** This group will explore the various issues on the minds of our community members who have tested positive but remain asymptomatic. Topics may include living with uncertainty, relationships, coping, and emotional responses. Details to be posted.

**At-Risk/ Gene Positive Groups:** These groups are for people who are living at-risk or are gene positive for Huntington disease and offer education and support. Topics include information about HD, genetic testing, clinical trials, navigating relationships, family planning, grief and loss, insurance, the Genetic Non-Discrimination Act, as well as HSC resources.

**HD Carers Book Club:** This monthly book club is for all Canadian carers, whether family, friend or paid staff supporting clients with Huntington disease. The book will be chosen from one of three options by the attendees when the group begins, with a new book discussed every two months. This exciting opportunity to connect aims to provide emotional support, educational opportunities, and foster a sense of community among participants. Individuals can join sessions as they wish with no expectation of having read the entire book. Alternatives to reading the book are listening to an audible version or watching a summary on YouTube.

