

Education Programs for **SEPTEMBER 2023**

Online Education- Zoom

Group	Who is this for?	Day	Dates	Time	To Register
Getting Started	Join in for this brief overview of dementia and our services. This is open to all.	Monday	Sept. 5 th	1:30pm-3:00pm	Click here to register
				6:30pm-8:00pm	Click here to register
Dementia Education Series	Families and friends of persons living with early stage dementia, or who are new to education and ready to learn about dementia	Mondays & Wednesdays	Sept. 11 th , 13 th , 18 th & 20 th	6:30pm-8:30pm	Click here to register
Middle Stages	For families and friends of persons living with mid-stage dementia and have attended some education	Wednesdays	Sept. 20 th , 27 th , Oct 4 th & 11 th	6:30pm-8:30pm	☎ 1-800-565-4614
Choices in Care	An overview of how to apply for LTC and RHs, reviews resources for considering the move and planning for the move.	Thursday	Sept. 21 st	6:30pm-8:00pm	Click here to register
Preparing for Later Stages	For families and friends of persons living with late stage dementia	Wednesdays	Sept. 20 th & 27 th	10:00am-11:30am	☎ 1-800-565-4614
Monthly Drop in Webinars:					
Toolbox Talk	Open to all: learn support techniques for dementia	Fridays	Sept. 22 nd Oct. 27 th Nov. 24 th Dec. 29 th	11:00am-noon	Click here to register
Focus on Communication	Open to all: opportunities to explore communication strategies	Fridays	Sept 8 th Oct 13 th Nov 10 th Dec 8 th	11:00am-noon	Click here to register
Caregiving from a distance	For families and friends of persons living with dementia who do not live with the person they are supporting	Fridays	Sept 15 th Oct. 20 th Nov 17 th Dec 15 th	11:00am-noon	Click here to register

posters and links can also be found on our website: www.alzda.ca (scroll down to the program calendars tab)

Education Programs for **SEPTEMBER 2023**

In person education

Hamilton

Group	Location	Day	Dates	Time	To Register
First Steps	550 Fennel Ave. East, Hamilton	Thursdays	September 7 th , 14 th , 21 st , 28 th	10:00am-noon	☎ 1-800-565-4614
Dementia Education Series	550 Fennel Ave. East, Hamilton	Wednesdays	September 6 th , 13 th , 20 th & 27 th	6:30-8:30PM	☎ 1-800-565-4614

Halton

Group	Location	Day	Dates	Time	To Register
First Steps	4391 Harvester Rd, Unit 8 Burlington	Thursdays	September 7 th , 14 th , 21 st & 28 th	1:30pm- 3:30pm	☎ 1-800-565-4614

Thank you for considering learning about dementia

Knowledge is Power

(Francis Bacon, 1597)

For persons living with a diagnosis or the people in their lives, the benefits of attending learning programs about dementia and how to live well with brain changes include:

- ✓ a better understanding the journey ahead to make informed choices
- ✓ becoming more actively involved in decisions, including healthcare and finances
- ✓ learning about, and how, to navigate the supports available to you
- ✓ joining a community of others who understand your experiences

Adapted from Alzheimer Society of Canada, The 10 benefits of early diagnosis.