



# Support When You Need It Most

The Alzheimer Society is here to help you navigate the journey of living with dementia or caring for a person living with dementia.

Support Groups are available both virtually and in-person.

*Find Connection*  
*Share Experiences*  
*Learn Coping Strategies*

**Join a community that understands.**

**FOR MORE INFORMATION AND TO BE ADDED TO AN INTEREST LIST:**

 1-800-565-4614  [help@alzda.ca](mailto:help@alzda.ca)  [www.alzda.ca](http://www.alzda.ca)

**A PROGRAM OF THE:**

**Alzheimer Society**

BRANT, HALDIMAND NORFOLK,  
HAMILTON HALTON

**SUPPORTED BY:**



Find the support group that's right for you—turn this poster over to learn more

For People Living With Dementia or Cognitive Impairment	
Early-Stage Support Group	For people living with early-stage dementia
Mild Cognitive Impairment Support Group	For people living with mild cognitive impairment
Young-Onset Support Group	For people living with young-onset dementia

Condition-Specific Support Groups	
Frontotemporal Dementia Support Group	For care partners of people living with frontotemporal dementia
Lewy Body Dementia Support Group	For care partners of people living with Lewy Body dementia

Special Focus Support Groups	
Self-Care for the Caregiver	For care partners to learn how to take better care of themselves
Taking Control of Our Lives	For both the person living with dementia and their care partner to help adapt and develop strategies
Understanding Grief & Loss During the Dementia Journey Support Group	For care partners of people living with dementia experiencing loss and grief

For Care Partners	
General Care Partner Support Group	For care partners of people living with any form of dementia
Spousal Support group	For spouses or partners of people living with dementia
Adult Child Support Group	For adult children caring for a parent with dementia
Long-term Care Support Group	For care partners of people living with dementia that live in a long-term care facility
Young-Onset Carers Support Group	For care partners of people living with young-onset dementia
Men's Support Group	For male spouses or partners of people living with dementia
Women's Support Group	For female spouses or partners of people living with dementia
2SLGBTQ+ Care Partners Support Group	For people who identify as part of the 2SLGBTQ+ community and are care partners for people living with dementia

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