

Public Education for July-September

(please note: our offices are closed on July 1st, August 4th, September 1st, & September 11th)

Virtual Education Programs – Open to All Areas				
Program Name	Program Description	Dates	Time	How To Register
Getting Started <i>Open to the public</i>	This session is open to everyone. It provides an overview of dementia and is for people who are at the beginning of a dementia journey; whether newly diagnosed or new to learning about dementia. It is also an opportunity to learn about the programs and services provided by the Alzheimer Society.	Monday, July 28 th	6:30pm-8:00pm	Click here
		Monday, August 25 th	1:30pm-3:00pm	Click here
		Monday, September 29 th	6:30pm-8:00pm	Click here
Dementia Education Series <i>Open to the public</i>	A 4-part series designed for families and friends of persons living with early-stage dementia, or who are new to education and ready to learn more about dementia.	Wednesdays, July 9 th , 16 th , 23 rd , 30 th	6:30pm-8:30pm	Click here
		Thursdays, August 7 th , 14 th , 21 st , 28 th	6:30pm-8:30pm	Click here
		Tuesdays September 9 th , 16 th , 23 rd , 30 th	6:30pm-8:30pm	Click here

**For more information
and to register:**

1-800-565-4614

help@alzda.ca

<p>First Steps</p> <p><i>Open to registered clients. Program is for person living with dementia in the early stages and a care partner.</i></p>	<p>A 3-part series which encourages persons living with early-stage dementia and their care partner to meet others, develop communication strategies and gain knowledge in a positive dementia friendly environment.</p>	<p>Thursdays, July 10th, 17th, 24th</p>	<p>1:30pm-3:00pm</p>	<p>☎ Memoona 1-800-565-4614 Ext. 314</p>
<p>Middle Stages</p> <p><i>Open to registered clients. Program is for care partner of persons living with mid-stage dementia</i></p>	<p>A 3-part series designed for care partners which increases awareness of changes typical of middle stage. This series allows care partners to practice communication techniques and hands-on care tools and encourages care partners to explore stress coping strategies.</p>	<p>Thursdays, August 7th, 14th, 21st</p>	<p>1:30pm-3:30pm</p>	<p>☎ Memoona 1-800-565-4614 Ext. 314</p>
<p>Care in the Later Stage</p> <p><i>Open to registered clients. Program is for care partner of persons living with mid to late-stage dementia.</i></p>	<p>A 2-part series which helps a care partner to better understand the physical, cognitive and emotional changes and needs unique to people living with dementia in the late and end stages of dementia. Care partners will explore methods to retain their relationship with the person living with dementia and be supported to find meaning in the later stages of the disease.</p>	<p>Mondays, July 14th & 21st</p>	<p>1:30pm-3:30pm</p>	<p>☎ Madison 1-800-565-4614 Ext. 509</p>

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<p>Options for Care – Part 3: Applying and Transitioning to Long-term Care <i>Open to registered clients. Program is for care partners who are supporting a person living with dementia at home.</i></p>	<p>Part 3 of Options for Care is designed for care partners who are considering the move to long-term care. This course is meant to help care partners understand how to apply to long-term care and what it can look like before, during and after the move.</p>	<p>Tuesday, September 16th</p>	<p>1:30pm-3:30pm</p>	<p>☎ Katharine 1-800-565-4614 Ext. 211</p>
<p>Focus on Communication <i>Open to the Public</i></p> <p><i>*This is a recurring series – you may unsubscribe at any time*</i></p>	<p>Topic: Validation and Redirection Description: This session will explore the concept of validation therapy, and how validation can be used in combination with redirection techniques.</p>	<p>Friday, July 11th</p>	<p>11:00am-12:00pm</p>	<p>Click Here</p>
	<p>Topic: Acknowledging Care Partner Fatigue Description: This session will explore the impact of being a care giver, and how to recognize and reduce care partner fatigue.</p>	<p>Friday, August 8th</p>		
	<p>Topic: Music and Dementia Description: This session will explore how music can stimulate memory, improve mood, and enhance connection for people living with dementia.</p>	<p>Friday, September 12th</p>		

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Toolbox Talks <i>Open to the Public</i> <i>*This is a recurring series – you may unsubscribe at any time*</i>	Topic: Nutrition and Hydration Description: Learn about the benefits of good nutrition and hydration for persons living with dementia.	Friday, July 25th	11:00am-12:00pm	Click Here
	Topic: Communication with Children: Young Dementia Supporters Toolkit Description: This session will explore some tips on how to explain dementia to children, how they can continue to maintain a relationship with the person living with dementia. Additionally, this session will explore the newly created Young Dementia Supporters Toolkit.	Friday, August 29th		
	Topic: Mealtime Changes & Strategies Description: Learn about mealtime changes that may occur with dementia including changes in appetite, behaviour, and cognition, and how to help the person you are supporting to find more success while eating.	Friday, September 26 th		
Brain Health <i>Open to the Public</i> <i>*This is a recurring series – you may</i>	Topic: MIND Diet Description: Learn about how to reduce the risk of dementia through nutrition. We will focus specifically on the MIND diet and how to incorporate these changes into your life.	Friday, July 18 th	11:00am-12:00pm	Click Here

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<i>unsubscribe at any time*</i>	Topic: Living Smart for Brain Health Description: This session will explore how daily habits like physical activity, social engagement, and mental stimulation can support your brain and reduce the risk of dementia.	Friday, August 15 th	11:00am-12:00pm	
	Topic: Brain Fit Description: This session will cover simple brain exercises that you can do at home to help and strengthen your own brain health.	Friday, September 19 th	11:00am-12:00pm	
Finding Your Way <i>Open to the Public</i>	In this education session, community members can learn about the steps to support people living with dementia to live safely in their communities. Finding Your Way is a program funded by the Ministry of Seniors and Accessibility to empower people living with dementia to live safely in their communities.	Wednesday July 30 th	10:30am-11:30am	Click here
		Wednesday August 27 th	7:00pm-8:00pm	Click here
		Wednesday September 24 th	1:30pm-2:30pm	Click here


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Virtual Public Lectures – Open to the Public				
Public Lecture: Hearing Loss and Brain Health <i>Open to the Public</i>	In collaboration with Sound Choice Hearing, this informative session will explore research-based information about the link between hearing loss and brain health. Learn how to support hearing loss, and how to lower the risk of developing dementia.	Tuesday, September 9 th	1:30pm-3:00pm	Click here

In Person – Brant

Group	Description	Location	Date	Time	To Register
Cooking Together	An interactive session for people living with dementia and their care partner to prepare a meal to take home, enjoying social time while learning how to adapt kitchen tasks to support changing abilities.	Brantford Office (25 Bell Lane, Brantford)	Thursday, July 3 rd	1:30pm- 3:30pm	 Laurie 1-800-565-4614 Ext 401

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Understanding & Supporting Dementia	This session will explore how to recognize and support the changes associated with dementia, as well as what supports are available in the community. This is also an opportunity to ask any questions about brain changes or dementia.	White Pines Wellness Centre (1745 Chiefswood Road, Ohsweken)	Tuesday, July 22 nd	1:00pm- 2:00pm	☎ White Pines Wellness Centre 519-445-2418
Maximizing Brain Health	Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia. Learn about all the little habits you can incorporate into your life to help maintain a healthy brain. Take charge of your brain health today — it's never too early or too late to start.	Brantford Public Library – St. Paul Branch (441 St. Paul Avenue, Brantford)	Thursday September 18 th 2025	2:00pm- 3:00pm	☎ Brantford Public Library 519-756- 2220
Drop-in Information & Education Session	This informal drop-in session is an opportunity to stop by and ask questions about brain changes, brain health, and other dementia-related topics.	Brantford Public Library (173 Colborne Street, Brantford)	Tuesday, September 16 th	10:00am- 12:00pm	No registration required!

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In Person – Haldimand Norfolk

Group	Description	Location	Date	Time	To Register
Understanding & Supporting Dementia	This session will explore how to recognize and support the changes associated with dementia, as well as what supports are available in the community. This is also an opportunity to ask any questions about brain changes or dementia.	White Pines Wellness Centre (1745 Chiefswood Road, Ohsweken)	Tuesday, July 22nd	1:00pm-2:00pm	☎ White Pines Wellness Centre 519-445-2418

In Person - Hamilton

Group	Description	Location	Dates	Time	To Register
Dementia Education Series	A 4-part series designed for families and friends of persons living with early-stage dementia, or who are new to education and ready to learn more about dementia.	Hamilton Public Library – Red Hill Branch (695 Queenston Road, Hamilton)	September 3 rd , 10 th , 17 th , 24 th	10:30am-12:30pm	☎ Katharine 1-800-565-4614 Ext. 211

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In Person - Halton

Group	Description	Location	Date	Time	To Register
MIND Diet	Learn about how to reduce the risk of dementia through nutrition. We will focus specifically on the MIND diet and how to incorporate these changes into your life.	Burlington Public Library - Aldershot Branch (550 Plains Road East, Burlington)	Monday, July 21 st	2:00pm-3:00pm	☎ Burlington Public Library 905-639-3611
Brain Health	Join us to learn about the risk factors for dementia and some ways to reduce your risk and take away some simple brain exercises that you can do at home!	Burlington Public Library – Central Branch (2331 New Street, Burlington)	Monday, August 18 th	2:00pm-3:00pm	☎ Burlington Public Library 905-639-3611
How to Keep a Healthy Brain	Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia. Learn about all the little habits you can incorporate into your life to help maintain a healthy brain. Take charge of your brain health today — it's never too early or too late to start.	Milton Public Library – Beaty Location (945 Fourth Line, Milton)	Friday, September 5 th	11:00am-12:00pm	☎ Milton Public Library 905-875-2665

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