

Public Education for October – December 2025

(please note: our offices are closed on October 13th, November 11th, December 25th & December 26th)

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, October 27 th	1:30pm-3:00pm	Click here
		Monday, November 24 th	6:30pm-8:00pm	Click here
		Monday, December 29 th	1:30pm-3:00pm	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.	Thursday October 9 th , 16 th , 23 rd , & 30 th	6:30pm-8:30pm	Click here
		Monday November 10 th , 17 th , 24 th & December 1 st	6:30pm-8:30pm	Click here
		December 5 th , 9 th , 12 th & 16 th	6:30pm-8:30pm	Click here

**For more information
and to register:**

1-800-565-4614

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First Steps <i>Open to registered clients. Program is for person living with dementia in the early stages and a care partner.</i>	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.	Monday, December 8 th , 15 th , 22 nd	1:30pm-3:00pm	☎ Robyn 1-800-565-4614 Ext. 509
Middle Stages <i>Open to registered clients. Program is for care partner of persons living with mid-stage dementia</i>	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.	Monday, October 20 th , 27 th November 3 rd	1:30pm-3:30pm	☎ Robyn 1-800-565-4614 Ext. 509
Care in the Later Stage <i>Open to registered clients. Program is for care partner of persons living with mid to late-stage dementia.</i>	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.	Thursday November 13 th and 20 th	1:30pm-3:30pm	☎ Memoona 1-800-565-4614 Ext. 314

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Bloom with Care: Supporting Kids to Flourish as Dementia Caregivers	CALLING ALL YOUNG CAREGIVERS! ASBHNHH and Young Caregivers Association is inviting kids aged 8-13 who are caring for or supporting someone living with dementia to join us for a 5-week series designed to help young people better understand dementia, learn practical skills for caregiving and feel more confident, capable and connected in their role.	Thursday November 6th – December 4th	6:00pm-7:30pm	☎ Kayla 1-800-565- 4614 Ext. 418
Focus on Communication <i>Open to the Public</i> <i>*This is a recurring series – you may unsubscribe at any time*</i>	Topic: Nonverbal Communication Description: This session will explore how dementia affects communication, non-verbal communication, as various non-verbal communication tips.	Friday October 10th	11:00am- 12:00pm	Click Here
	Topic: Reminiscing and Storytelling Description: This session will explore how reminiscence therapy and storytelling can strengthen communication with a person living with dementia. Learn practical strategies to spark conversation, overcome barriers, and engage through shared memories, building confidence, identity, and meaningful connection.	Friday November 14th		
	Topic: Communicating with Healthcare Professionals	Friday December 12th		

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	Description: Learn about the importance of advocacy in dementia care, how to effectively advocate for the person you are supporting, and strategies for communicating with healthcare professionals on behalf of a person living with dementia.			
Toolbox Talks <i>Open to the Public</i> <i>*This is a recurring series – you may unsubscribe at any time*</i>	Topic: Driving and Dementia Description: This session will discuss how aging and dementia can affect driving. Learn how to recognize warning signs, explore assessment and support options, and navigate conversations about driving cessation while maintaining safety, independence, and dignity.	Friday October 24 th	11:00am-12:00pm	Click Here
	Topic: Meaningful Activities Description: Learn about what various meaningful activities can look like with a goal of continuing to spend quality time together by identifying and drawing on the person’s remaining strengths.	Friday November 28 th		
	Topic: Preparing for the Holidays Description: This session will explore how to prepare for the holiday season when supporting	Friday December 5 th		

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	someone living with dementia. Learn practical strategies for shopping, gift-giving, communicating with family, and creating meaningful traditions while reducing stress and focusing on connection.			
Brain Health <i>Open to the Public</i> <i>*This is a recurring series – you may unsubscribe at any time*</i>	Topic: Importance of Sleep for the Brain Description: This session will explore the importance of sleep for brain health, including how sleep supports memory, mood, and what happens in the brain when we don't get enough. We will also look at the connection between sleep and dementia risk and discuss practical strategies that can improve sleep quality and overall brain health.	Friday October 17 th	11:00am-12:00pm	Click Here
	Topic: Brain Fit-Healthy Brain Habits Description: Learn about the risk factors for dementia and some ways to reduce your risk. Take away some simple brain exercises that you can do at home!	Friday November 21 st	11:00am-12:00pm	
	Topic: Memory, Forgetfulness and Aging Description: This session will cover information on memory and the brain, as well as explore the differences between normal	Friday December 19 th	11:00am-12:00pm	

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	aging vs not normal aging, and what to do when concerned about memory changes.			
Finding Your Way/Dementia Friendly Communities <i>Open to the Public</i>	Topic: Finding Your Way Description: 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 October 29 th	10:30am- 11:30am	Click here
	Topic: Dementia Friendly Communities Description: This session is beneficial for members of the general public or businesses/organizations who want to learn about dementia and how to support persons living with dementia and their care partners.	Wednesday November 26 th	7:00pm-8:00pm	Click here
	Topic: Reduce the Risk of Getting Lost Description: An educational session designed to help persons living with dementia and their care partners learn practical strategies to reduce the risk of getting lost and stay safe in their community.	Wednesday December 17 th	1:30pm-2:30pm	Click here

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Virtual Public Lectures – Open to the Public				
Keep your Brain Strong: Dementia Prevention and Everyday Brain Health	Join us for this virtual session, hosted in partnership with De dwa da dehs nye>s Aboriginal Health Centre, to learn how everyday choices can help keep your brain strong. Explore risk factors for dementia, practical strategies for prevention, and ways to support overall brain health through diet, exercise, social connection, and mental stimulation.	Thursday October 16 th	10:30am- 11:30am	☎ Christine 519-774- 2339
Elder Abuse Prevention Ontario: Fraud and Scams Targeting Older Adults	In collaboration with Elder Abuse Prevention Ontario, this presentation will explain common scams and the tactics used to take advantage of older adults. Through case examples, we'll illustrate prevalent types of scams and discuss how seniors can be vulnerable to financial abuse. We will also cover important do's and don'ts, along with steps to protect against fraud and scams. Helpful resources with contact information for support and reporting will be discussed. We will also learn the "4 R's": Recognize, Reject, Reach Out, and Report.	Thursday October 23 rd	1:30pm-3:00pm	Click here

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The Power of Rest: Sleep's Role in Brain Health and Functioning	Join us for this virtual session, hosted in partnership with De dwa da dehs nye>s Aboriginal Health Centre, to explore the powerful role of sleep in protecting brain health. Learn how sleep restores memory, clears harmful proteins, and lowers dementia risk, while gaining practical strategies to improve rest and support long-term brain function.	Thursday November 13 th	10:30am- 11:30am	☎ Christine 519-774- 2339
Winter Wellness: Boosting Brain Health During Shorter Days	Join us for this virtual session, hosted in partnership with De dwa da dehs nye>s Aboriginal Health Centre, to learn how shorter winter days impact brain health and dementia. Explore the effects of Seasonal Affective Disorder, the role of light, exercise, and mental activity, and discover practical strategies to support memory, mood, and resilience.	Thursday December 18 th	10:30am- 11:30am	☎ Christine 519-774- 2339

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In Person – Brant

Group	Description	Location	Date	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.	Cowen Health Hub - 25 Curtis Ave N, Paris	Tuesday October 14 th , 21 st , 28 th , November 4 th	2pm-4pm	 Robyn 1-800-565-4614 Ext. 509

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In Person – Haldimand Norfolk

Group	Description	Location	Date	Time	To Register
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	Jarvis Public Library - 2 Monson St, Jarvis	Thursday, October 2 nd	1:00pm-3:00pm	No registration required!
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	Cayuga Library and Heritage Centre - 19 Talbot St W, Cayuga	Wednesday October 22 nd	1:00pm-3:00pm	No registration required!
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.	ASBHNHH Simcoe Office - 645 Norfolk St N, Simcoe	Wednesday November 12 th , 19 th , 26 th December 3 rd	1:30pm-3:30pm	 Robyn 1-800-565-4614 Ext. 509

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In Person - Hamilton

Group	Description	Location	Dates	Time	To Register
Drop-in Information Booth	This informal drop-in session is an opportunity to stop by and ask questions about brain changes, brain health, and other dementia related topics	Ancaster Public Library - 300 Wilson St. E, Hamilton	Monday November 13 th	10:00am-12:00pm	No registration required!
Dementia Overview	This session will explore what dementia is, the 5 most common types of dementia, risk factors, as well as the difference between normal aging and not normal aging.	YWCA Hamilton - 75 McNab St S, Hamilton	Monday October 27 th	1:30-3:00pm	 YWCA Hamilton 905-529-7727
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.	ASBHNHH Hamilton Office - 550 Fennel Ave E, Hamilton	November 26 th , 28 th , December 3 rd , & 5 th	1:30-3:30pm	 Katharine 1-800-565-4614 Ext. 211

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In Person - Halton

Group	Description	Location	Date	Time	To Register
Mealtime Matters: Eating Well Through Life's Changes	Curious how aging and dementia impact meals? Don't miss this free event featuring expert talks, a caregiver panel, vendors, prizes and snacks!	Centennial Hall – Central Branch Burlington Public Library – 23310 New Street, Burlington	October 1 st	12:30pm-3:00pm	Click here
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.	Oakville Public Library - Central Branch - 120 Navy St, Oakville	October 3 rd , 10 th , 17 th and 24 th	10:00 am – 12:00 pm	☎ Memoona 1-800-565-4614 Ext. 314
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.	Georgetown Community Hub – 360 Guelph Street, Unit 33, Georgetown	November 7 th , 14 th , 21 st & 28 th	1:00pm-3:00pm	☎ Memoona 1-800-565-4614 Ext. 314
MIND Diet	An opportunity to 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.	Halton Hills library - 9 Church Street, Halton Hills	November 19 th	6:30pm – 7:30pm	☎ Memoona 1-800-565-4614 Ext. 314

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