


Public Education – January 2026

(please note: our offices are closed on January 1st)

Program Name	Program Description	Dates	Location	Time	How To Register
Dementia Education Series <i>Open to registered clients. Program is for care partner of persons living with dementia. Not a registered client? Call us!</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 January 8 th , 15 th , 22 nd & 29 th	True Experience – 201 Forest St E, Dunnville	1:30pm- 3:30pm	 Robyn 1-800-565-4614 Ext. 509
Dementia Education Series <i>Open to the public.</i>	A 4-part series to help families and friends of people living with early-stage dementia understand dementia and gain confidence in their caregiving role.	Thursday January 8 th , 15 th , 22 nd & 29 th	Zoom	6:30pm- 8:30pm	Click here
Focus on Communication <i>Open to the Public *This is a recurring series taking place every month – you may unsubscribe at any time*</i>	Topic: Therapeutic Fibbing Discover how therapeutic fibbing can ease communication and support someone with dementia.	Friday January 9 th	Zoom	11:00am- 12:00pm	Click Here

**For more information
and to register:**

1-800-565-4614

help@alzda.ca

Options in Care <i>Open to registered clients. Program is for care partner of persons living with dementia. Not a registered client? Call us!</i>	A 3-part series guiding care partners through planning at home, residential options, and LTC transitions.	Monday January 12 th , 19 th & 26 th	Zoom	6:30pm- 8:30pm	☎ Robyn 1-800-565- 4614 Ext. 509
Music and the Brain <i>Open to the Public.</i>	Join us for this virtual session, hosted in partnership with De dwa da dehs nye>s Aboriginal Health Centre, to explore how music affects the brain. Learn how music supports memory, mood, and connection, and discover simple ways to use music to promote brain health at any age.	Thursday January 15 th	Zoom	10:30am- 11:30am	☎ Christine 519-774- 2339
Dementia Information Session <i>Open to the Public</i>	Topic: Alzheimer's Disease Gain a warm introduction to Alzheimer's disease, including what it means, how it progresses, and how the Alzheimer Society can help.	Friday January 16 th	Zoom	11:00am- 12:00pm	Click here
Finding Your Way <i>Open to the Public</i>	Learn practical steps to support people with dementia in staying safe and connected in their community. The 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 January 21 st	Zoom	2:00pm – 3:00pm	Click here

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Toolbox Talks <i>Open to the Public</i> <i>*This is a recurring series taking place every month – you may unsubscribe at any time*</i>	Topic: Nutrition and Hydration Explore the role of nutrition and hydration in supporting well-being with dementia.	Friday January 23 rd	Zoom	11:00am-12:00pm	Click Here
Brain Boosters & Dementia Myths <i>Open to the public.</i>	Discover fun and engaging ways to keep your brain active while debunking common myths about dementia. Participate in hands-on brain-boosting activities and take-home practical tips to support lifelong brain health.	Friday January 23 rd	Burlington Public Library-Central Branch (2331 New St, Burlington)	2:00pm – 3:00pm	☎ Contact Burlington Public Library
Getting Started <i>Open to the public.</i>	An introduction to dementia for those just starting the journey, plus an outline of Alzheimer Society supports.	Monday January 26 th	Zoom	6:30pm-8:00pm	Click here
Bloom with Care: Supporting Kids to Flourish as Dementia Caregivers <i>Young Caregivers from anywhere are welcome to join!</i> <i>Registration is required.</i>	A 5-week series helping young caregivers (ages 8–13) understand dementia, gain caregiving skills, and grow confidence. This series is hosted in collaboration with Young Caregivers Association.	Thursday January 29 th – March 5 th (no session on February 12 th)	Zoom	6:00pm-7:30pm	☎ Kayla 1-800-565-4614 Ext. 418

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