

## Upcoming Webinars on ALZeducate | February 2026

### **ALZeducate offers free, online dementia education!**

Here is a list of upcoming webinars. *(When clicking the direct links below, you will be prompted to sign-in to your ALZeducate account, or create an account, if you do not already have one at alzeducate.ca.)*

#### **Vascular Dementia- Supporting this Journey as a Health Care Provider**

Building on the learning points from the Overview webinar for the General Public, this session will provide health care workers with a very brief review of Vascular dementia then offer opportunities for case scenario work.

**Date: February 2, 2026, at 1:00pm-2:00pm (Eastern Time)**

**Intended audience: Health Care Providers, Care Partners**

[Click here](#) to register.

#### **Understanding the Progression and Stages of Dementia**

For most people living with dementia, the experience will include a changing range of symptoms. This webinar will provide an overview to understand what progression means in the context of dementia and how those changes affect all involved.

**Date: February 3, 2026, at 2:00pm-3:00pm (Eastern Time)**

**Intended audience: General Public, Care Partners, Health Care Providers**

[Click here](#) to register.

#### **Reframing Guilt and Anger in Caregiving**

This workshop focuses on recognizing and identifying the causes of guilt and anger in caregiving, and developing coping strategies to reframe guilt, anger and build resilience.

Learning Objectives:

- Exploring the nature of emotions
- Creating space for difficult emotions such as anger and guilt in caregiving
- Strategies to cope with challenging emotions

**Date: February 5, 2026, at 10:00am-11:30am (Eastern Time)**

**Intended audience: Care Partners, Health Care Providers**

[Click here](#) to register.

## Upcoming Webinars on ALZeducate | February 2026

### Person-Centred Care

This workshop will introduce you to the idea of person-centred care and provide you with time to reflect on and discuss with others how to use person-centred care in your work. You are encouraged to identify actions you can take to provide person-centred care to the people you support. This is an interactive session. Your participation will be encouraged.

**Date: February 6, 2026, at 12:00pm-1:00pm (Eastern Time)**

**Intended audience: Health Care Providers, Care Partners**

[Click here](#) to register.

### Loss and Grief

Explore the concept of ambiguous loss, develop coping strategies and gain understanding of feelings of grief when caring for a person living with dementia.

**Date: February 10, 2026, at 12:00pm-1:00pm (Eastern Time)**

**Intended audience: Care Partners, Health Care Providers**

[Click here](#) to register.

### Dementia-Friendly Communities: Hearing Services

A Dementia-Friendly Community is a place where people living with dementia and their care partners are welcomed, included, and supported. It is a community that pays attention to the social and physical needs of the person living with dementia. This webinar is ideal for members of hearing services (retail or support organizations) to find out how they can create a dementia-friendly community.

This presentation will cover:

- Understanding dementia and the lived experience
- The common signs of dementia
- Strategies for interaction

**Date: February 11, 2026, at 3:00pm-4:00pm (Eastern Time)**

**Intended audience: General Public, Care Partners, Health Care Providers**

[Click here](#) to register.

## Upcoming Webinars on ALZeducate | **February 2026**

### **Dementia Overview**

This presentation will discuss the difference between changes that come with normal aging and when something is not normal, reversible causes for these changes, and a general understanding of dementia. It also will cover the different types of dementia, progression, and knowledge of dementia symptoms and their impact on the person living with dementia.

**Date: February 17, 2026, at 10:00am-11:00am (Eastern Time)**

**Intended audience: General Public, Care Partners, Health Care Providers**

[Click here](#) to register.

### **What is Mild Cognitive Impairment?**

This webinar invites learners to an introductory overview of Mild Cognitive Impairment (MCI). From understanding its definition and risk factors to learning strategies for living well with MCI, participants will gain clarity on how MCI differs from typical brain aging and how it differs from dementia.

**Date: February 24, 2026, at 1:00pm-2:00pm (Eastern Time)**

**Intended audience: General Public, Care Partners, Health Care Providers**

[Click here](#) to register.

### **Take Action for Brain Health: Take Care of Your Body**

This interactive workshop is designed to help you create a personalized Plan for Brain Health, with a focus on strategies to care for your body. Whether you're living with dementia, concerned about it, or simply eager to learn more, this session offers practical tools and guidance. It's one of three workshops in our Brain Health series—a unique opportunity to gain knowledge and set meaningful goals for your brain health.

**Date: February 25, 2026, at 3:00pm-4:00pm (Eastern Time)**

**Intended audience: General Public, Care Partners, Health Care Providers**

[Click here](#) to register.

## Upcoming Webinars on ALZeducate | **February 2026**

### **An Understanding of Changing Behaviours with Dementia**

This webinar is designed to help participants better understand behaviour changes with dementia and tips for supporting the individual.

**Date: February 26, 2026, at 10:00am-11:00am (Eastern Time)**

**Intended audience: General Public, Care Partners, Health Care Providers**

[Click here](#) to register.

### **Dementia-Friendly Communities: Retail Sector**

A Dementia-Friendly Community is a place where people living with dementia and their care partners are welcomed, included, and supported. It is a community that pays attention to the social and physical needs of the person living with dementia. This webinar is ideal for members of retail organizations to find out how you can create a dementia-friendly community.

This presentation will cover:

- Understanding dementia and the lived experience
- The common signs of dementia
- Strategies for interaction

**Date: February 27, 2026, at 10:00am-11:00am (Eastern Time)**

**Intended audience: General Public, Care Partners, Health Care Providers**

[Click here](#) to register.