

Public Education for April 2026

Program Name	Program Description	Dates	Location	Time	How To Register
<p style="text-align: center;">Dementia Education Series <i>Open to the public</i></p>	<p>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.</p>	<p style="text-align: center;">Tuesday & Thursday March 31st, April 2nd, 7th & 9th</p>	<p style="text-align: center;">Zoom</p>	<p style="text-align: center;">1:30-3:30pm</p>	<p style="text-align: center;">Click here</p>
<p style="text-align: center;">Memory, Forgetfulness & Aging</p>	<p>Learn about changes in memory associated with aging, warning signs for dementia, and what to do if you are concerned about memory changes.</p>	<p style="text-align: center;">Wednesday April 1st</p>	<p style="text-align: center;">Doug Snooks Eagle Place – 333 Erie Ave, Brantford</p>	<p style="text-align: center;">1:30pm-2:30pm</p>	<p style="text-align: center;">Register after March 1st: ☎ 519-754-0711 ext. 5578</p>
<p style="text-align: center;">Preparing for Life After Dementia: Navigating Benefits, Programs, and Taxes <i>Open to the public</i></p>	<p>Losing a loved one is difficult, and handling the practical steps can feel overwhelming. This session will guide you through the key actions and supports available when someone passes away.</p> <p>What you'll learn:</p> <ul style="list-style-type: none"> • Notifications & Documentation: Who to notify, what documents are required, and how to prepare. 	<p style="text-align: center;">Thursday April 2nd</p>	<p style="text-align: center;">Zoom</p>	<p style="text-align: center;">1:30pm-3:30pm</p>	<p style="text-align: center;">Click here</p>

	<ul style="list-style-type: none"> • Service Canada Programs: EI Sickness Benefits, Canada Pension Plan and Old Age Security, survivor benefits, and other supports. • Practical Guidance: Understand timelines, how to contact and notify the CRA of a death, and how to access benefits and tax measures efficiently. 				
Brain Fit	Learn the risk factors for dementia and how to address those risk factors, as well as some brain exercises to work your cognitive muscles!	Wednesday April 8 th	Doug Snooks Eagle Place – 333 Erie Ave, Brantford	1:30pm- 2:30pm	Register after March 1 st :  519-754- 0711 ext. 5578
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.	Thursday, April 9 th , 16 th , 23 rd & 30 th	ASBHNHH Brantford Office – 515 Park Rd N Unit 1, Brantford	2:00pm- 4:00pm	 Robyn 1-800-565- 4614 Ext. 509
Focus on Communication <i>Open to the Public</i> <i>*This is a recurring series taking place</i>	Topic: Music and Dementia Description: This session will explore how music can stimulate memory, improve mood, and enhance	Friday April 10 th	Zoom	11:00am- 12:00pm	Click Here

<i>every month – you may unsubscribe at any time*</i>	connection for people living with dementia.				
MIND Diet	Learn how diet and lifestyle choices can improve brain health, as well as how eating habits change with normal aging and dementia.	Wednesday April 15 th	Doug Snooks Eagle Place – 333 Erie Ave, Brantford	1:30pm- 2:30pm	Register after March 1 st : ☎ 519-754- 0711 ext. 5578
Your Brain on Nature <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 time in nature supports brain health. Learn how green spaces can improve mood, reduce stress, and boost cognitive well-being.	Thursday April 16 th	Zoom	10:30am- 11:30am	☎ Christine 519-774- 2339
Brain Health <i>Open to the Public.</i> <i>*This is a recurring series taking place every other month – you may unsubscribe at any time*</i>	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 April 17 th	Zoom	11:00am- 12:00pm	Click here
Dental Hygiene and Dementia	Join us for a free public lecture to explore practical approaches to dental hygiene for people living with dementia. Learn about common oral health challenges, tips for daily care, and	Wednesday April 22 nd	Zoom	1:30pm- 2:30pm	Click here

	strategies to support comfort, dignity, and overall well-being.				
<p>Toolbox Talks</p> <p><i>Open to the Public</i></p> <p><i>*This is a recurring series taking place every other month – you may unsubscribe at any time*</i></p>	<p>Topic: Mealtimes Changes & Strategies</p> <p>Description: Learn about mealtimes 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.</p>	Friday April 24 th	Zoom	11:00am-12:00pm	Click Here
<p>Getting Started</p> <p><i>Open to the public</i></p>	An introduction to dementia for those just starting the journey, plus an outline of Alzheimer Society supports.	Monday April 27 th	Zoom	1:30pm-3:00pm	Click here