

## Public Education for March 2026

Program Name	Program Description	Dates	Location	Time	How To Register
<b>Public Lecture: Caregiver Credits + Benefits with the CRA &amp; Service Canada</b> <i>Open to the public</i>	<p>This session helps caregivers and staff navigate financial supports and tax measures to ease their role. Learn about EI Caregiving Benefits, disability supports, key tax credits, and practical tips to maximize benefits.</p>	Tuesday March 3 <sup>rd</sup>	Zoom	10:30am-12:00pm	<a href="#">Click here</a>
<b>Dementia Education Series</b> <i>Open to the public</i>	<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>	Tuesday March 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup>	Zoom	6:30pm-8:30pm	<a href="#">Click here</a>
<b>Dementia Education Series</b> <i>Open to registered clients. Program is for care partner of persons living with dementia. Not a registered Client? Call us!</i>	<p>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.</p>	Wednesday March 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup>	Hamilton Public Library, Ancaster Branch – 300 Wilson St E, Hamilton	2:30pm-4:30pm	 Katharine 1-800-565-4614 Ext. 211
<b>Focus on Communication</b> <i>Open to the Public</i> <i>*This is a recurring series taking place</i>	<p><b>Topic:</b> Reminiscing &amp; Storytelling  Learn practical ways to use reminiscence and storytelling to overcome barriers and connect more</p>	Friday March 13 <sup>th</sup>	Zoom	11:00am-12:00pm	<a href="#">Click Here</a>

<i>every month – you may unsubscribe at any time*</i>	deeply with someone living with dementia.				
<b>Making Sense of Guilt &amp; Loss: For Care Partners</b> <i>Open to the Public</i>	Explore the emotional side of caregiving in this workshop, with practical strategies for coping and support from the Alzheimer Society. No personal sharing required.	Monday March 16 <sup>th</sup>	Zoom	6:30pm-8:30pm	<a href="#">Click here</a>
<b>Dementia Friendly Communities</b> <i>Open to the public</i>	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 March 19 <sup>th</sup>	Zoom	2:00pm-3:00pm	<a href="#">Click here</a>
<b>Care in the Later Stage</b> <i>Open to registered clients. Program is for care partner of persons living with mid to late-stage dementia. Not a registered Client? Call us!</i>	A 2-part series to help care partners understand the changes in late-stage dementia, strengthen connection, and find meaning in the journey.	Thursday March 19 <sup>th</sup> & 26 <sup>th</sup>	Zoom	1:30-3:30pm	 Katharine 1-800-565-4614 Ext. 211
<b>Stress Less: Chronic Stress, Cortisol and the Brain</b> <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 learn how chronic stress and cortisol impact the brain. Discover practical strategies to reduce stress, protect brain health, and support overall well-being.	Thursday March 19 <sup>th</sup>	Zoom	10:30am-11:30am	 Christine 519-774-2339

<b>Dementia Information Session</b> <i>Open to the Public.</i>	Gain a warm introduction to Frontotemporal Dementia, including what it means, how it progresses, and how the Alzheimer Society can help.	Friday March 20 <sup>th</sup>	Zoom	11:00am-12:00pm	<a href="#">Click here</a>
<b>Toolbox Talks</b> <i>Open to the Public</i> <i>*This is a recurring series taking place every other month – you may unsubscribe at any time*</i>	<b>Topic:</b> Pet Therapy Explore how pet therapy can promote relaxation, uplift mood, and strengthen social bonds for individuals with dementia.	Friday March 27 <sup>th</sup>	Zoom	11:00am-12:00pm	<a href="#">Click Here</a>
<b>Getting Started</b> <i>Open to the public</i>	An introduction to dementia for those just starting the journey, plus an outline of Alzheimer Society supports.	Monday March 30 <sup>th</sup>	Zoom	6:30pm-8:00pm	<a href="#">Click here</a>
<b>Dementia Education Series</b> <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.	Tuesday & Thursday March 31 <sup>st</sup> , April 2 <sup>nd</sup> , 7 <sup>th</sup> & 9 <sup>th</sup>	Zoom	1:30-3:30pm	<a href="#">Click here</a>