



Public Education for July 2026

Our offices will be closed July 1st

Program Name	Program Description	Dates	Location	Time	How To Register
<p>First Steps <i>Open to registered clients. Program is for person living with dementia in the early stages and a care partner. Call us to get registered!</i></p>	<p>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.</p>	<p>Thursday July 9th, 16th and 23rd</p>	<p>Zoom</p>	<p>1:30pm-3:30pm</p>	<p> 1-800-565-4614 ext. 501</p>
<p>Care in the Later Stage <i>Open to registered clients. Program is for care partner of persons living with mid to late-stage dementia. Call us to get registered!</i></p>	<p>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.</p>	<p>Thursday July 9th & 16th</p>	<p>Zoom</p>	<p>6:30pm-8:30pm</p>	<p> 1-800-565-4614 ext. 501</p>
<p>Focus on Communication <i>Open to the Public</i></p>	<p>Topic: Humour & Dementia Description: Learn about the benefits of the use of humour in dementia care.</p>	<p>Friday July 10th</p>	<p>Zoom</p>	<p>11:00am-12:00pm</p>	<p>Click Here</p>

<p><i>*This is a recurring series taking place every month – you may unsubscribe at any time*</i></p>					
<p>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>Mondays & Thursdays July 13th, 16th, 20th & 23rd</p>	<p>Zoom</p>	<p>6:30pm-8:30pm</p>	<p>Click here</p>
<p>Brain Health: Active Bodies, Healthy Minds: The Role of Physical Activity and Sedentary Behavior. <i>Open to the Public</i></p>	<p>Join us for this virtual session, hosted in partnership with De dwa da dehs nye>s Aboriginal Health Centre, to explore how movement supports brain health, memory, and mood. We'll also look at the impact of too much sitting and simple ways to stay active in daily life.</p>	<p>Thursday July 16th</p>	<p>Zoom</p>	<p>10:30am-11:30pm</p>	<p>☎ Christine 519-774-2339</p>
<p>Dementia Information Session <i>Open to the Public</i></p>	<p>Topic: Mild Cognitive Impairment (MCI) Description: This session will provide participants with an overview of Mild Cognitive Impairments, the difference between an MCI and dementia.</p>	<p>Friday July 17th</p>	<p>Zoom</p>	<p>11:00am-12:00pm</p>	<p>Click here</p>
<p>Brain Health: The 4 Pillars of Brain Health. <i>Open to the Public</i></p>	<p>Learn about the four key pillars of brain health: physical activity, nutrition, social engagement, and cognitive stimulation. Explore simple ways to</p>	<p>Friday July 17th</p>	<p>Burlington Public Library-Central Branch (2331</p>	<p>2:00pm-3:00pm</p>	<p>Contact the Burlington Public Library</p>

	build healthy habits that support brain wellness at any age.		New St, Burlington)		
<p>Finding Your Way/Dementia Friendly Communities <i>Open to the Public</i></p>	<p>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.</p>	Wednesday July 22 nd	Zoom	2:00pm- 3:00pm	Click here
<p>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></p>	<p>Topic: Delirium Description: This session will explore what delirium is, risk factors for delirium, signs and symptoms to watch for, and how to prevent and manage it.</p>	Friday July 24 th	Zoom	11:00am- 12:00pm	Click Here
<p>Getting Started <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 July 27 th	Zoom	1:30pm- 3:00pm	Click here
<p>Making Sense of Guilt & Loss: For Care Partners <i>Open to the Public</i></p>	Learn about the emotional side of caregiving in this education-focused session. We'll explore guilt, ambiguous loss, grief and caregiver stress, and offer practical strategies for coping. Participants will also learn	Tuesday July 28 th	Zoom	6:30pm- 8:30pm	Click here

	about the supports available through the Alzheimer Society.				
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