





Public Education for June 2026

Our offices will be closed June 4th – virtual sessions scheduled for this date will run as scheduled

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. Call us to get registered!</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.	Wednesday, June 3 rd , 10 th , 17 th & 24 th	ASBHNHH Simcoe Office – 645 Norfolk St N, Simcoe	1:30pm-3:30pm	 1-800-565-4614
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 June 4 th , 11 th , 18 th and 25 th	Zoom	6:30pm-8:30pm	Click here
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.	Wednesdays & Fridays: June 10 th , 12 th , 17 th , & 19 th	Hamilton Public Library, Dundas Branch – 18 Ogilvie St, Dundas	2:00pm-4:00pm	 1-800-565-4614
Making Sense of Guilt & Loss: For Care Partners <i>Open to the Public</i>	Learn about the emotional side of caregiving in this education-focused workshop. We'll explore guilt, ambiguous loss, grief and caregiver	Thursday June 11 th	ASBHNHH Brantford Office – 515 Park Rd N	2:00pm-4:00pm	 Robyn 1-800-565-4614 Ext. 509

	stress, and offer practical strategies for coping. Participants will also learn about the supports available through the Alzheimer Society. This is an education-based session with no expectation of personal emotional disclosure.		Unit 1, Brantford		
<p>Focus on Communication</p> <p><i>Open to the Public</i></p> <p><i>*This is a recurring series taking place every month – you may unsubscribe at any time*</i></p>	<p>Topic: Validation and Redirection</p> <p>Description: This session will explore the concept of validation therapy, and how validation can be used in combination with redirection techniques.</p>	Friday June 12 th	Zoom	11:00am-12:00pm	Click Here
<p>Brain Health</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: MIND Diet</p> <p>Description: Learn about how to reduce the risk of dementia through nutrition. We will focus specifically on the MIND diet and how to incorporate these changes into your life.</p>	Friday June 19 th	Zoom	11:00am-12:00pm	Click here
<p>Sound Connections: Hearing Loss, Social Isolation, and Mood</p> <p><i>Open to the public</i></p>	Join us for this virtual session, hosted in partnership with De dwa da dehs nye>s Aboriginal Health Centre, to explore the link between hearing loss and brain health. Learn how changes in hearing can affect social connection and mood	Thursday June 18 th	Zoom	10:30am-11:30am	 Christine 519-774-2339

	and discover practical strategies to stay engaged and supported.				
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: Therapeutic Use of Nature Description: Learn why nature is important for persons living with dementia and how to use nature to connect.	Friday June 26 th	Zoom	11:00am-12:00pm	Click Here
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 June 29 th	Zoom	1:30pm-3:00pm	Click here