

Public Education for August 2026

Our offices will be closed August 3rd

Program Name	Program Description	Dates	Location	Time	How To Register
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 August 6 th , 13 th , 20 th and 27 th	Zoom	6:30pm- 8:30pm	Click here
Middle Stage <i>Open to registered clients. Program is for care partner of persons living with mid-stage dementia. Call us to get registered!</i>	A 3-part series designed for care partners which increases awareness of changes typical of middle stage. This series allows care partners to practice communication techniques and hands-on care tools and encourages care partners to explore stress coping strategies.	Tuesday August 11 th , 18 th and 25 th	Zoom	6:00pm- 8:00pm	 1-800-565-4614 ext. 501
Brain Health: Cognitive Reserve: Building Brain Strength Over Time <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 everyday activities and life experiences can strengthen the brain over time. We'll share simple ways to support long-term brain health.	Thursday August 13 th	Zoom	10:30am- 11:30pm	 Christine 519-774-2339

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Focus on Communication <i>Open to the Public</i> <i>*This is a recurring series taking place every month – you may unsubscribe at any time*</i>	Topic: Communicating with Healthcare Professionals Description: Learn about the importance of advocacy in dementia care, how to effectively advocate for the person you are supporting, and strategies for communicating with healthcare professionals on behalf of a person living with dementia.	Friday August 14 th	Zoom	11:00am-12:00pm	Click Here
Dementia Overview <i>Open to the Public</i>	This session will explore an overview of dementia, including the 5 most common types of dementia and symptoms. Participants will also learn about the 10 warning signs and risk factors of dementia.	Wednesday August 19 th	Seasons Retirement - Stoney Creek, 8 Shoreview Place, Stoney Creek	2:00pm-3:00pm	 Katharine 1-800-565-4614 Ext. 211
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: Stress Less: Chronic Stress, Cortisol and the Brain Description: This session will explore how chronic stress and cortisol impact the brain. Discover practical strategies to reduce stress, protect brain health, and support overall well-being.	Friday August 21 st	Zoom	11:00am-12:00pm	Click here
Toolbox Talks <i>Open to the Public</i> <i>*This is a recurring series taking place every month – you may</i>	Topic: 8 A's of Dementia Description: Learn about the 8 A's of dementia as to way to help understand	Friday August 28 th	Zoom	11:00am-12:00pm	Click Here

For more information call 1-800-565-4614 or visit our website at www.alzda.ca

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<i>unsubscribe at any time*</i>	the changes happening in the brain of someone living with dementia.				
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 August 31 st	Zoom	6:30pm-8:00pm	Click here

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