

Public Education for September 2026

Our offices will be closed September 7th

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 September 3 rd , 10 th , 17 th and 24 th	Zoom	6:30pm- 8:30pm	Click here
Public Lecture: Finding Support for Brain Change <i>Open to the public</i>	In recognition of World Alzheimer's Month, join us as we explore Mild Cognitive Impairment (MCI), dementia, and the importance of early diagnosis. Learn how to recognize signs of cognitive change and discover when and how to access community services, supports, and resources. Whether you have concerns about your own memory or are supporting someone else, this session will help you take the next step with confidence.	Wednesday September 9 th	Zoom	12:00pm- 1:00pm	Click here
Dementia Overview	This session will explore an overview of dementia, including the	Wednesday September 9 th	Dundas Library, 19	2:00pm- 3:00pm	 Katharine

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<i>Open to the public – registration required</i>	5 most common types of dementia and symptoms. Participants will also learn about the 10 possible signs and risk factors of dementia.		Ogilvie Street, Dundas		1-800-565-4614 ext. 211
Options in Care <i>Open to registered clients. Program is designed for care partner of persons living with dementia. Call us to get registered!</i>	A 3-part series designed for care partners which reviews care options. Topics include: Help in the Home/Creating a Support Plan, Residential Care Options and Applying for & Transitioning to LTC.	Thursday September 10 th , 17 th and 24 th	Zoom	6:30pm- 8:30pm	 1-800-565-4614 ext. 501
Focus on Communication <i>Open to the Public *This is a recurring series taking place every month – you may unsubscribe at any time*</i>	Topic: Non Verbal Communication Description: This session will explore how dementia affects communication, non-verbal communication, as well as non-verbal communication tips.	Friday September 11th	Zoom	11:00am- 12:00pm	Click Here
Dementia Education Series <i>Open to registered clients. Program is designed 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.	Monday September 14 th , 21 st , 28 th , & October 5 th	ASBHNHH Hamilton Office, 550 Fennell Ave E, Suite 105, Hamilton	1:30pm- 3:30pm	 1-800-565-4614 ext. 501

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Brain Health: Clearing the Air: The impact of smoking, alcohol, and pollutants on brain health. <i>Open to the public – registration required</i>	Join us for this virtual session, hosted in partnership with De dwa da dehs nye>s Aboriginal Health Centre, to explore how smoking, alcohol and environmental factors can affect brain health, and ways to reduce risk and support well-being.	Thursday September 17 th	Zoom	10:30am- 11:30pm	☎ Christine 519-774-2339
Dementia Overview <i>Open to the public</i>	Topic: Dementia Overview Description: This session will explore what dementia is, the 5 most common types of dementia, risk factors as well as the different between normal aging and not normal aging.	Wednesday September 18 th	Zoom	11:00am- 12:00pm	Click here
Brain Health: MIND Diet	Learn how diet and lifestyle choices can improve brain health, as well as how eating habits change with normal aging and dementia.	Friday September 18 th	Burlington Public Library – Aldershot Branch, 550 Plains Rd E, Burlington	2:00pm- 3:00pm	☎ Burlington Public Library 905-333-9995
Taking Charge of Your Brain Health <i>Open to the public – registration required</i>	Part 1: Memory, Aging & Everyday Brain Tips: learn about how the brain and memory change with age, differences between normal aging	Part 1: Tuesday September 22 nd	Doug Snooks Eagle Place,	1:00pm- 2:30pm	☎ 519-754- 0711 ext. 5578

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	vs. not normal aging, and simple exercises to support brain health. Part 2: Nutrition and Brain Health: this session will explore how food choices can support brain health. We'll introduce the MIND diet and share simple, practical tips to help you build brain-healthy meals into your everyday routines.	Part 2: Tuesday September 29 th	333 Erie Ave Brantford		<i>*Registration opens on August 13th</i>
Finding Your Way/Dementia Friendly Communities <i>Open to the Public</i>	Topic: Dementia Friendly Communities/Finding Your Way Description: 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 September 23 rd	Zoom	11:00am-12:00pm	Click here
Maximizing Brain Health <i>Open to the public – registration required</i>	This session will cover simple brain exercises that you can do at home to help strengthen your own brain health!	Thursday September 24 th	Brantford Library – St. Paul's Branch, 441 St. Paul's Ave Brantford	2:00pm-3:00pm	 Brantford Public Library 519-756-2220

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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: All About Me Description: Learn about the importance of sharing information about a person living with dementia with those providing care. We'll explore what should be shared, as well as different methods and strategies to communicate this information.	Friday September 25 th	Zoom	11:00am- 12:00pm	Click Here
Brain Health <i>Open to the public – registration required</i>	Join us for this monthly in-person session, hosted in partnership with White Pines Wellness Centre. This month's topic is: MIND Diet	September 28 th	White Pines Wellness Centre, 1745 Chiefswood Road, Ohsweken	1:00pm- 2:00pm	 Joanne 519-445-4481 or email chdcc@sixnations.ca
Public Lecture: Substitute Decision Making with the Elder Law Project <i>Open to the Public</i>	When is someone no longer capable of making their own decisions about finances and care? What happens if someone is not capable of making decisions and does not have a power of attorney? Are there limits on what a power of attorney can do if someone is not capable of making their own decisions? Join us for an informative session with elder law lawyer Angela Yenssen to get the	Tuesday September 29 th	Zoom	10:00am- 11:00am	Click here

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	answers to these and other questions about substitute decision making.				
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.	Wednesday September 30 th	Zoom	1:30pm- 3:00pm	Click here

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