Société Alzheimer Society
BRANT, HALDIMAND NORFOLK, HAMILTON HALTON

Public Education for December 2026

Our offices will be closed December 3rd, December 24th, December 28th and December 31st

Program Name	Program Description	Dates	Location	Time	How To Register
ALZeducate: Online Dementia Learning	Free online dementia education for people living with dementia, care partners, health care professionals and the general public. Access self-paced courses, live webinars, and recorded sessions.	Ongoing	Online at alzeducate.ca	Self-Paced. Learn at your convenience!	Click here to create an account!
Dementia Education Series *Open to the public*	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.	Tuesdays December 1st, 8th, 15th and 22nd	Zoom	6:30pm-8:30pm	Click here
Toolbox Talks *Open to the Public* **This is a recurring series taking place every month – you may unsubscribe at any time**	**Topic:** Meaningful Activities **Description:** Learn about what various meaningful activities can look like with a goal of continuing to spend quality time together by identifying and drawing on remaining strengths.	Friday December 4th	Zoom	11:00am-12:00pm	Click Here

Preparing for the Holidays *Open to the Public*	This session will explore how to prepare for the holiday season when supporting someone living with dementia. Learn practical strategies for shopping, gift-giving, communicating with family, and creating meaningful traditions while reducing stress and focusing on connection.	Monday December 7th	Zoom	10:00am-11:00am	Click here
Preparing for the Holidays *Open to the Public*	This session will explore how to prepare for the holiday season when supporting someone living with dementia. Learn practical strategies for shopping, gift-giving, communicating with family, and creating meaningful traditions while reducing stress and focusing on connection.	Thursday December 10th	Zoom	6:00pm-7:00pm	Click here
Focus on Communication *Open to the Public* **This is a recurring series taking place every month – you may unsubscribe at any time**	**Topic:** Reminiscence and Storytelling **Description:** This session will explore how reminiscence therapy and storytelling can strengthen communication with a person living with dementia. Learn practical strategies to spark conversation, overcome barriers, and engage through shared memories, building	Friday December 11th	Zoom	11:00am-12:00pm	Click Here

	confidence, identity, and meaningful connection.				
Getting Started *Open to the public*	An introduction to dementia for those just starting the journey, plus an outline of Alzheimer Society supports.	Monday December 14th	Zoom	6:30pm-8:00pm	Click here
Preparing for the Holidays *Open to the Public*	This session will explore how to prepare for the holiday season when supporting someone living with dementia. Learn practical strategies for shopping, gift-giving, communicating with family, and creating meaningful traditions while reducing stress and focusing on connection.	Tuesday December 15th	Zoom	2:00pm-3:00pm	Click here
Brain Health: Stories, Connection and the Brain *Open to the public*	Join us for this virtual session, hosted in partnership with De dwa da dehs nye>s Aboriginal Health Centre, to explore how connection, storytelling and meaningful moments support brain health, memory and a sense of belonging.	Thursday December 17th	Zoom	10:30am-11:30am	☎ Christine 519-774-2339
Brain Health *Open to the Public* **This is a recurring series taking place every other month –*	**Topic:** MIND Diet **Description:** Learn about how to reduce the risk of dementia through nutrition. We will focus specifically	Friday December 18th	Zoom	11:00am-12:00pm	Click here

*you may unsubscribe at any time**	on the MIND diet and how to incorporate these changes into your life.				

Don't see a session that works for you?

Contact us at 1-800-565-4614 ext. 501 to be added to an interest list for our Dementia Education Series, First Steps, Middle Stage, Options in Care, or Care in the Later Stage sessions.

We'll notify you when a session becomes available in your preferred format or location.