

Public Education for November 2026

Our offices will be closed November 11th

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 <i>Open to registered clients. 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 November 2 nd , 9 th , 16 th and Friday November 20 th	ASBHNHH Georgetown Office (360 Guelph Street, Unit 33, Georgetown)	10:00am- 12:00pm	 1-800-565-4614 ext. 501
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.	Monday November 2 nd , 9 th , 16 th , and 23 rd	Zoom	6:30pm- 8:30pm	Click here

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Dementia Education Series <i>Open to registered clients. 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.	Tuesday November 3 rd , 10 th , 17 th and 24 th	Cowan Community Health Hub - 25 Curtis Ave N, Paris	2:00pm- 4:00pm	 1-800-565-4614 ext. 501
Public Lecture: When It's More Than Memory Loss: Understanding Depression, Anxiety & Apathy in Dementia <i>Open to the public</i>	Dementia affects more than memory. Changes in Mood, motivation, and emotions are common. Join Dr. Anthony Levinson for a practical webinar exploring: • The differences between depression, anxiety and apathy • Why these symptoms occur • Communication and support strategies that can help • Current Canadian best practices	Wednesday November 4 th	Zoom	7:00pm- 8:00pm	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 and strengthen your own brain health!	Monday November 9 th	Seasons Retirement - Stoney Creek, 8 Shoreview Place, Stoney Creek	2:00pm- 3:00pm	 Katharine 1-800-565-4614 Ext. 211
Focus on Communication <i>Open to the Public</i> <i>*This is a recurring series taking place</i>	Topic: Aphasia Description: Learn about the loss of language and communication associated with dementia, how these symptoms can present, and	Friday November 13 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>every month – you may unsubscribe at any time*</i>	how to improve communication with someone living with aphasia.				
Middle Stage <i>Open to registered clients. 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 learn communication techniques and hands-on care tools and encourages care partners to explore stress coping strategies.	Friday November 13 th , 20 th and 27 th	Zoom	1:30pm- 3:30pm	 1-800-565-4614 ext. 501
Care in the Later Stage <i>Open to registered clients. Call us to get registered!</i>	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.	Tuesday November 17 th and 24 th	Zoom	1:30pm- 3:30pm	 1-800-565-4614 ext. 501
4 Pillars of Brain Health <i>Open to the public – registration required</i>	Learn about the four key pillars of brain health: physical activity, nutrition, social engagement, and cognitive stimulation. Explore	Wednesday November 18 th	Burlington Public Library: Alton Branch – 3040 Tim	2:00pm- 3:00pm	 Burlington Public Library 905-634-3686

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	simple ways to build healthy habits that support brain wellness at any age.		Dobbie Drive, Burlington		
Brain Health: Depression and Dementia <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 depression and dementia are connected, including how mood changes can affect memory and thinking, and ways to support mental health.	Thursday November 19 th	Zoom	11:00am- 12:00pm	 Christine 519-774-2339
Public Lecture: Oral Hygiene and Dementia <i>Open to the public</i>	Join us for a free public lecture to explore practical approaches to dental hygiene for people living with dementia. Learn about common oral health challenges, tips for daily care, and strategies to support comfort, dignity, and overall well-being.	Thursday November 19 th	Zoom	6:00pm- 7:30pm	Click here
Dementia Information Session <i>Open to the Public</i> <i>*This is a recurring series taking place every month – you</i>	Topic: Young Onset Dementia Description: This session will provide participants with an overview of Young Onset Dementia.	Friday November 20 th	Zoom	11:00am- 12:00pm	Click here

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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 and strengthen your own brain health!	Friday November 20 th	Dundas Library – 19 Ogilvie Street, Dundas, ON	2:00pm- 3:00pm	☎ Katharine 1-800-565-4614 Ext. 211
Dementia Education Series <i>Open to registered clients. 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 November 25 th , December 2 nd , 9 th and 16 th	Hamilton Public Library – Stoney Creek Branch, 777 Hwy 8, Stoney Creek	2:00pm- 4:00pm	☎ 1-800-565- 4614 ext. 501
Finding Your Way/Dementia Friendly Communities <i>Open to the public</i>	Topic: Finding Your Way: Reduce the Risk of Getting Lost Description: An educational session designed to help persons living with dementia and their care partners learn practical strategies to reduce the risk of getting lost and stay safe in their community.	Wednesday November 25 th	Zoom	2:00pm- 3:00pm	Click here
Brain Health: MIND Diet <i>Open to the public – registration required</i>	This session explores how food choices can support brain health. We'll introduce the MIND diet and share practical tips for everyday meals.	Thursday, November 26 th	Brantford Public Library: St. Paul Branch – 441 St. Paul 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: Visiting a Person Living with Dementia in Long-Term Care Description: This session will explore things to consider when visiting a person living with dementia in long term care. Learn about how to plan your visit, questions to consider, positive interaction tips, as well as activities to do together.	Friday November 27 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 November 30 th	Zoom	1:30pm- 3:30pm	Click here
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>	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.	Monday November 30 th , December 7 th and December 14 th	Zoom	1:30pm	 1-800-565-4614 ext. 501

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.