

Online dementia education January – March 2022

Online education offers small-group information workshops, facilitated to provide opportunities for live discussion. A range of days and times of day, including evenings, are available.

Registration: Click on the link below to register online or call our **First Link® Dementia Helpline** at **1-800-933-6033**, available from 9 a.m. to 8 p.m., Monday to Friday.

For caregivers
Thursday, January 13
2 – 4 p.m. | [Register online](#)

For caregivers
Tuesday, March 1
6 – 7:30 p.m. | [Register online](#)

For caregivers and people living with dementia
Tuesday, January 18
1:30 – 3 p.m. | [Register online](#)

For caregivers
Thursday, March 10
10 – 11:30 a.m. | [Register online](#)

For caregivers
Thursday, January 20
6:30 – 8 p.m. | [Register online](#)

For the general public
Tuesday, March 15
2 – 3:30 p.m. | [Register online](#)

For caregivers and people living with dementia
Tuesday, February 1
10 – 11:30 a.m. | [Register online](#)

For caregivers
Tuesday, March 15
6 – 7:30 p.m. | [Register online](#)

For caregivers.
Thursday, February 3
10 – 11:30 a.m. | [Register online](#)

For caregivers
Tuesday, March 29
2 – 3:30 p.m. | [Register online](#)

For caregivers and people living with dementia
Tuesday, February 15
2 – 3:30 p.m. | [Register online](#)

For caregivers and people living with dementia
Thursday, February 17
2 – 3:30 p.m. | [Register online](#)

Webinars also available!

Webinars are lecture-style, online education seminars offered every Wednesday at 2 p.m.
Visit: alzbc.org/webinars

Online dementia education: Descriptions

Recognizing your journey as a caregiver |

Discuss the personal challenges, guilt, and grief of being a dementia caregiver. Learn how to recognize signs of burnout, the importance of self-care, and how you can build your resilience as a caregiver.

For caregivers

Living safely with dementia | Explore how people living with dementia and their families can live safely in the community.

For caregivers and people living with dementia

Delusions, hallucinations and visual mistakes |

Explore strategies for responding to delusions, hallucinations and visual mistakes caused by dementia.

For caregivers

Getting to know dementia: What is

dementia? | Enhance your knowledge about dementia and learn about the different types of resources that are available at any stage of the disease.

For caregivers and people living with dementia

Understanding communication | Explore how communication is affected by dementia and learn effective communication strategies.

For caregivers

Driving and dementia | Learn how dementia may affect a person's driving abilities and strategies to ease the transition for driving cessation.

For caregivers and people living with dementia

Coping with change, grief and loss | The dementia experience involves change and loss and uncertainty. Join us to explore strategies to help you and those around you cope in the face of these changes.

For caregivers and people living with dementia

Focus on behaviour: Responsive behaviours |

Explore the reasons for your reactivity during these rapidly changing times and learn coping strategies.

For caregivers

Building caregiver resilience | Learn strategies to positively manage caregiver stress and build resilience.

For caregivers

Introduction to brain health | It's never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals.

For the general public

Long distance caregiving | Practical tips on providing meaningful caregiving support from a distance.

For caregivers

Understanding behaviour | Learn practical strategies to respond to the person living with dementia in supportive ways.

For caregivers