



Registration for event is required. Zoom link will be provided upon registration.



Recognizing & Reducing Caregiver Stress

Thursday, March 7, 2024 at 10:30 am

This education session helps caregivers to recognize the signs of stress and offers tips and strategies for reducing stress.

Who Should Attend: Care partners, family members, and friends of persons living with dementia.

[**Click Here to Register!**](#)

Understanding Ambiguous Loss & Grief

Monday, March 18, 2024 at 10:30 am

Ambiguous Loss is a type of loss you experience when a person with dementia is physically here but may not be mentally or emotionally present in the same way as before. Ambiguous loss is very different from the loss and grief of sudden death. It complicates grief, often making it hard to recognize or know how to grieve when the abilities of the person with dementia have changed. Please join us to learn about steps you can take to live positively with your losses and grief while caring for someone with dementia.

Who Should Attend: Care partners, family and friends of persons living with dementia

[**Click Here to Register!**](#)



If you have any questions, please contact a member of our Education Team:
Shelby Barrie, Sarah Cook or Kris Van Luven | Phone: (705) 748-5131 or 1-800-561-2588.
Please leave a voicemail at ext. 126 or email shelby@alzheimerjourney.ca



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Heads Up for Healthier Brains!

Wednesday, April 3, 2024 at 2:00 pm



The brain is one of your most vital organs, playing a role in every action and every thought. Just like the rest of your body, it needs looking after. It's never too soon, or too late to make changes that will maintain or improve your brain health. This presentation offers tips and strategies about how we can all take action to maintain or even improve our brain health as we age. Participants learn about the brain health benefits of challenging the brain, reducing stress, eating well for brain health, being physically active, being socially active, protecting the head, making healthy choices, volunteering and how it contributes to brain health.

Who Should Attend: Open to everyone!

[Click here to register!](#)

Understanding Denial & Lack of Insight in Dementia

Wednesday, April 17, 2024 at 10:30



It is common for someone living with dementia to deny that they are experiencing issues with their memory or cognition. It may seem like the person is in denial, however, they could be experiencing anosognosia (a lack of insight). Lack of insight means that a person with dementia is unable to recognize changes in their behaviour and personality. This presentation will explore anosognosia and suggest strategies to support the person experiencing it.

Who Should Attend: Care partners of people living with dementia.

[Click here to register!](#)

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