

SUPPORT GROUPS

For more information or to register contact us at: 905-576-2567 or intake@alzheimerdurham.com.

Support for Care Partners

Online Zoom	Fridays 9:30 - 11 a.m. July 11, Aug 8, Sept 12
Ajax Location to be confirmed.	Tuesdays 1 - 2:30 p.m. Aug 5, Sept 2
Clarington BOAA 26 Beech St., Bowmanville	Tuesdays 6 - 7:30 p.m. July 8, Aug 12, Sept 9
Port Perry Community Care Durham 6100 Old Simcoe Rd	Fridays 10 - 11:30 a.m. July 11, Aug 22, Sept 26
Uxbridge Uxbridge Health Centre 4 Campbell Dr Building B	Tuesdays 1 - 2:30 p.m. July 8, Aug 19, Sept 9
Whitby ASDR Office	Fridays 9:30 - 11 a.m. July 25, Aug 22, Sept 26
Wilmot Creek 1 Wheelhouse Dr, Newcastle <i>Open to residents only</i>	Wednesdays 2 - 3:30 p.m. July 16, Aug 20, Sept 17

Support for Caregivers of those in Long-Term Care or Retirement Homes

Online Zoom	Mondays 6 - 7:30 p.m. July 7, Aug 11, Sept 8
Whitby ASDR Office	Tuesdays 1 - 2:30 p.m. July 15, Aug 19, Sept 16

Support for Adult Children Caregivers

Whitby ASDR Office	Saturdays 10 - 11:30 a.m. July 12, Aug 9
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Learning the Ropes (MCI)

Whitby ASDR Office	Thursdays 10 a.m. - 12:00 p.m. June 12, 19, 26, July 3, 10, 17
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Finding Meaning and Purpose Care Partner Support Group

NEW!

Ajax Location to be confirmed.	Wednesdays 2 - 3:30 p.m. June 25, July 23, Aug 27
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Peer-Led Support Groups

Facilitated by trained volunteers with lived caregiving experience, Peer-Led Support Groups are available in a number of locations including: Ajax, Bowmanville, Whitby and Pickering. Contact us for additional information.

Peer-to-Peer Support

Peer-to-Peer Support provides an opportunity for individuals with similar experiences to connect and offer support to one another and help navigate the caregiving dementia journey. Contact us to learn more.

Cognitive Assessments

NEW!

Now offering assessment screening for early changes in memory and cognitive functioning.

For more information or to discuss eligibility for an appointment, please email assessment@alzheimerdurham.com.

Reitman Centre: Enhancing Care Programs

Help for care partners to manage the day-to-day care of persons living with dementia, reduce emotional stress and improve ability to cope with the demands of caregiving.

CARERS

(8 weeks | 2 hrs)

TEACH

(4 weeks | 1.5 hrs)



Sinai Health System

THE CYRIL & DOROTHY, JOEL & JILL
REITMAN CENTRE FOR ALZHEIMER'S
SUPPORT AND TRAINING

Comfort Companions

Robotic companion pets and dolls are designed to bring comfort, companionship, and fun. A choice of cat or pup or doll companion is available for a low \$50 adoption fee! Contact us to learn more.



ACTIVE LIVING PROGRAMS

For more information or to register contact us at: 905-576-2567 or intake@alzheimerdurham.com.

Minds in Motion®

Ajax Ajax Community Centre	Wednesdays 10 a.m. - 12 p.m. May 28 to July 23 <i>*no class July 2*</i>
Ajax Location to be confirmed.	Wednesdays 10 a.m. - 12 p.m. Aug 6 to Sept 24
Bowmanville BOAA 26 Beech St. Bowmanville	Wednesdays 1 p.m. - 3 p.m. Aug 13 to Oct 1
Oshawa	More details coming soon!
Pickering Amica Pickering 1450 Pickering Pkwy	Wednesdays 1 p.m. - 3 p.m. Session 1: May 28 to July 23 <i>*no class July 2*</i> Session 2: Aug 6 to Sept 24
Port Perry St. John's Presbyterian Church 319 Queen Street	Thursdays 10 a.m. - 12 p.m. Aug 21 to Oct 9
Whitby Amica Taunton 85 Taunton Rd E	Tuesdays 10 a.m. - 12 p.m. Aug 5 to Sept 23

Brain Waves Caf  

Ajax Location to be confirmed	Tuesdays 1 - 2:30 p.m. July 8, Aug 12, Sept 9
Bowmanville BOAA	Thursdays 1:30 - 3 p.m. July 3, Aug 7, Sept 4

Coffee & Connections

Whitby ASDR Office	Mondays 10 - 11:30 a.m. July 7, Aug 11, Sept 8
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The Social - **NEW LOCATIONS!**

A weekly social group for persons living with early to mid-stage dementia to help promote social, mental and emotional well-being.

Ajax Location to be confirmed.	NEW! Tuesdays 9 a.m. - 12 p.m. Starting July 8
Cannington Brock Community Health Centre 39 Cameron St. W.	NEW! Thursdays 9 a.m. - 12 p.m. Starting July 3
Claremont Nature Centre 4290 Westney Rd N, Pickering	Fridays 12:30 - 3:30 p.m.
Whitby ASDR Office	Please contact us for more information.

Young Onset Day Program

Whitby ASDR Office	For persons diagnosed with dementia prior to age 65, our Adult Day Program provides social and recreational programming, including exercise, music and games.
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EDUCATION WORKSHOPS

For more information or to register for the sessions below, please visit asdr.eventbrite.com.

For Care Partners

Dementia 101 (First Steps for Care Partners)	Whitby - ASDR office Fridays 10:30 a.m. - 12:30 p.m. July 4, 11, 18, 25
	Online - Zoom Wednesday 2 - 4 p.m. August 6, 13, 20, 27
	Ajax - Location to be confirmed. Thursday 2 - 4:30 p.m. Sept 18 & 25
U-First!®	Online - Zoom Tuesdays 6 - 8 p.m. July 22, 29, Aug 5
Care Essentials	Online - Zoom Thursdays 6 - 8 p.m. July 31, Aug 7, 14, 21
Options for Care	Ajax - Location to be confirmed. Fridays 2 - 4 p.m. September 12, 19, 26

In-Person Virtual Dementia Tour®

Whitby ASDR Office	Wednesday, July 23 1 - 4 p.m. Thursday, September 25 4 - 7 p.m.
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Health Care Professionals Speaker Series

Online - Zoom 2 - 3 p.m.	Wednesday September 17 Nutrition and Assistive Devices
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Monthly Spotlight Speaker Series

Online - Zoom 7 - 8 p.m.	Monday September 29 Brain Health
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