

## First Steps

A First Link® Learning Series



### Dates and Time:

Wednesdays, April 24, May 1, 8, 15, 2024  
(May 22 is a back-up date, if needed)  
12:30 pm to 3:00 pm

### Location:

Haliburton  
(Exact location provided upon registration)

### Topics will include:

- What is Dementia?
- Brain changes
- Coping strategies
- Planning for the future
- Building a Circle of Support
- Community resources

First Steps is a four-week learning series that provides an overview of the dementia journey and will help you better understand the changes you are witnessing.

Research has shown that when people learn about dementia early in the illness, they manage better. At this series, you will learn about types of dementia and how changes in the brain affect day-to-day functioning. You will also identify coping strategies and begin to plan for the future.

**Who Should Attend: Persons in the early stages of dementia; family members or friends.**

**This series is offered FREE of charge, but spaces are limited. Registration is required for this program.** If you would like to know if the *First Steps* program is a good fit for your learning, or are interested in registering, please contact your Client Support Coordinator at the Alzheimer Society. If you are connecting with the Alzheimer Society for the first time, please contact our Intake Coordinator at (705) 748-5131 or 1-800-561-2588, ext. 235.