



# U-First!

## for Care Partners

A workshop for caregivers of people  
living with dementia

### Dates and Times:

▼ **Wednesday** Wednesdays - March 25 & April 1, 2026 - 1:00 - 4:00 pm

(back-up date is April 8 if needed)

• **Monday** Mondays - June 8 & June 15, 2026 - 1:00 - 4:00 pm

**Participants are required to attend both sessions at the chosen location.**

\*The exact location will be provided upon registration

U-First!® for Care Partners is a 2-part education program for family and friends who want to learn more about how to respond to responsive behaviours that can occur in the middle and later stages of dementia.

**Please note:** those interested in attending this workshop must have attended other dementia education programs (e.g. First Link Learning Series) in the past. Introductory information about dementia symptoms and progression are not covered in this program.

The goals of the program are to:

- Help care partners identify a specific behaviour change they are finding challenging and use the U-First! Framework to build a support plan to help them understand and respond to the behaviour.
- Enhance well-being of care partners and of the person they are supporting who is experiencing behaviour changes

**Who Should Attend:** Family and friends providing direct support to someone experiencing behaviour changes, as a result of dementia or other cognitive impairment.

This workshop is offered **FREE** of charge, but spaces are limited. Registration is required for this program. If you would like to know if *U-first! for Care Partners* is a good fit for your learning, or are interested in registering, please contact your Alzheimer Society Counsellor. 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.

**Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland & Haliburton**

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[www.alzheimer.ca/pklnh](http://www.alzheimer.ca/pklnh)