

# Programs & Services Guide

SUPPORT PROGRAMS, EDUCATION & SOCIAL RECREATION  
FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CARE PARTNERS

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# Executive Summary

This guide provides an overview of the Alzheimer Society of Simcoe County's programs and services for January to March 2026. It includes support groups, educational sessions, and social recreation activities for people living with dementia and their care partners. Each program is described in detail below, followed by a calendar-style listing for easy reference.

## Program Eligibility

The staff and volunteers at the Alzheimer Society of Simcoe County provide high quality programs and services for people living with dementia and their care partners. To be eligible for our services, you must be:

- Concerned about your memory; **OR**
- Living with dementia; **OR**
- Supporting someone living with dementia



**AND** have a connection to this region (e.g., you or the person you are supporting lives in Simcoe County).



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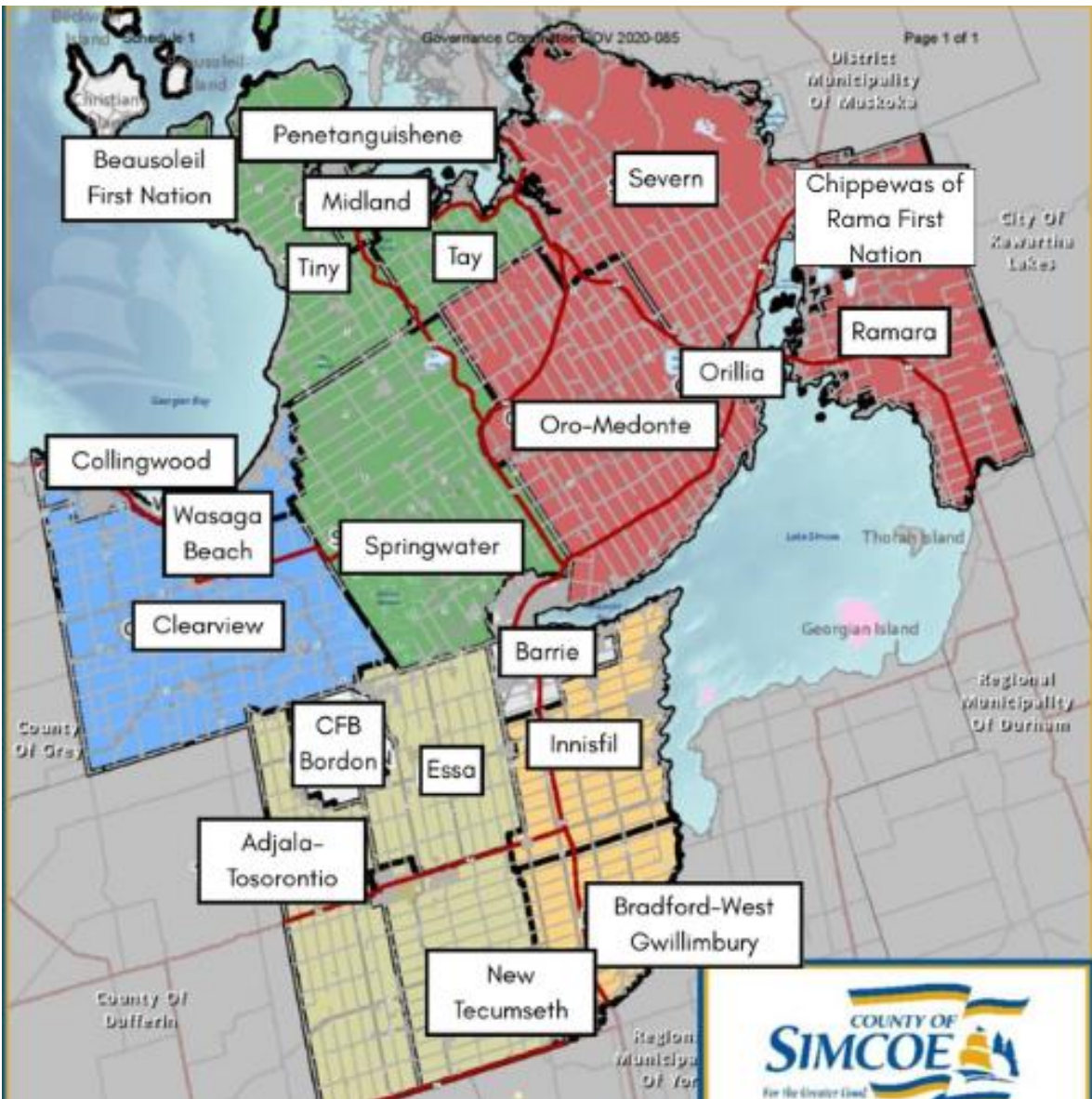
*The Alzheimer Society of Simcoe County celebrates diversity and strives to provide equitable and inclusive services. We are proud to share our staff have completed Safer Spaces 2SLGBTQIA+ Cultural Competency training.*

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# Service Area

We serve areas in Simcoe County, including:

- Adjala-Tosorontio
- Barrie
- Beausoleil First Nation
- Bradford West Gwillimbury
- Chippewas of Rama First Nation
- Clearview
- Collingwood
- Essa
- Innisfil
- Midland
- New Tecumseth
- Orillia
- Oro-Medonte
- Penetanguishene
- Ramara
- Severn
- Springwater
- Tay
- Tiny
- Wasaga Beach



## Registration

All our programs and services require registration.

If you have registered for a program but can no longer attend, please contact the office to let us know that you will not be participating. There may be times we have to cancel a program due to weather, facilitator illness, low registration or unforeseen circumstances. If needed, we will aim to cancel in a timely manner and will contact you by phone and/or email.

*\*Please note, due to volume and capacity to provide services across Simcoe County, clients may experience wait times to access some of our programs and services.*

### TO REGISTER:

If you're interested in signing up for our programs and services, contact our program registration line at **705-722-1066 Ext. 241**. When leaving a message, kindly include **your full name, phone number, and clearly specify the program you are interested in**. This information is essential to ensure we can return your call. Thank you for your understanding and interest in our services.

## Support Services

### First Link Care Navigation & Supportive Counselling

We provide free dementia support to anyone impacted by any type of dementia, whether you are a person living with dementia or their family member, friend, or care partner.

Our **Support Services Team** is here to support families at every stage of the dementia journey – before, during and after a diagnosis. We can help with identifying needs, navigating services and assisting with care planning.

Our **Supportive Counselling and Navigation** services are offered over the phone, by email, video conference and in-person visits by appointment. In-person visits may be conducted at our Barrie & Orillia office locations or in a person's home.

First Link® Care Navigation	Supportive Counselling
Get the assistance you need connecting to various dementia supports and services. Our highly experienced First Link Care Navigators can help get you started, create a support plan and link you with dementia supports in the community.	Our team of Family Support Coordinators provide safe, confidential counselling where you can talk about your experience, gain insight and practical coping strategies to help you manage circumstances and build resilience. Staff can help you plan for the future and get connected to other local services.

**If you are interested in First Link Care Navigation or Supportive Counselling:** please call 705-722-1066 ext. 241





## Support Groups

Supporting a family member or friend diagnosed with dementia can be a new and complex experience. Join a **free** dementia care partner support group to learn from your peers and share insights.

<b>Location</b>	<b>Dates</b>	<b>Time</b>	<b>Coordinator</b>
<b>Alliston</b> St. John's United Church 56 Victoria St. E	Monday Jan 19 Monday Feb 9 Monday Mar 16	10am-11:30am	<b>Shiju Joseph</b> 705-722-1066 ext. 223
<b>Barrie</b> Alzheimer Society 20 Anne St. South	Thursday Jan 8 Thursday Feb 12 Thursday Mar 12	10am-11:30am	<b>Madi Andrews</b> 705-722-1066 ext. 227
<b>Barrie</b> Alzheimer Society 20 Anne St. South	Tuesday Jan 20 Tuesday Feb 17 Tuesday Mar 17	10am-11:30am	<b>Madi Andrews</b> 705-722-1066 ext. 227
<b>Bradford</b> Elden Retirement Home 3131 8 <sup>th</sup> Line	Tuesday Jan 20 Tuesday Feb 17 Tuesday Mar 24	10am-11:30am	<b>Shiju Joseph</b> 705-722-1066 ext. 223
<b>Collingwood</b> Collingwood Public Library 55 Ste. Marie St.	Thursday Jan 15 Thursday Feb 19 Thursday Mar 19	10am-11:30am	<b>Carly Munro</b> 705-722-1066 ext. 225
<b>Innisfil</b> Innisfil Public Library 967 Innisfil Beach Rd	Thursday Jan 22 Thursday Feb 26 Thursday Mar 26	1:30pm-3pm	<b>Shiju Joseph</b> 705-722-1066 ext. 223
<b>Orillia</b> Alzheimer Society 250 West St. North (entrance to the right of Unit 4)	Wednesday Jan 7 Wednesday Feb 4 Wednesday Mar 4	1pm-2:30pm	<b>Melissa Martinson</b> 705-722-1066 Ext. 237
<b>Penetanguishene</b> Bayfield House 5 Beck Blvd	Wednesday Jan 14 Wednesday Feb 25 Wednesday Mar 25	1pm-2:30pm	<b>Alyssa Pereira</b> 705-722-1066 Ext. 236

(Support group listings continued on page 9)

Location	Dates	Time	Coordinator
<b>Wasaga Beach</b> Wasaga Beach United Church A380 Zoo Park Rd.	Wednesday Jan 7 Wednesday Feb 4 Wednesday Mar 4	10am-11:30am	<b>Carly Munro</b> 705-722-1066 ext. 225
	Wednesday Jan 14 Wednesday Feb 11 Wednesday Mar 11	10am-11:30am	<b>Alyssa Pereira</b> 705-722-1066 ext. 236
	Tuesday Jan 6 Tuesday Feb 3 Tuesday Mar 3	7pm-8:30pm	<b>Madi Andrews</b> 705-722-1066 ext. 227

**TO REGISTER:** go to <https://assc.recdesk.com/Community/Home>

Please see the **RecDesk Registration Guide for New Users** on pages 24 & 25. If you do not have access to the internet or need support registering, please contact the coordinator for the group you are interested in attending.

## Enhancing Care (EC)

### About the program

Delivered in partnership with Sinai Health Reitman Centre, the Enhancing Care (EC) program offers therapeutic skill training free of charge to family or other unpaid care partners who are giving care to individuals living with dementia. The EC program provides practical skill-building and emotional support to help care partners deal with the stress and complexities of caregiving.

Group programs for care partners who are looking for additional supports/caregiving strategies. The programs are designed for each group's current caregiving challenges and focuses on providing practical, skill-based strategies.

*Eligibility:* Care partners of a person living with dementia. Some groups are specific to certain care partner relationships (e.g., Spouses group) or living situation (e.g., Long Term Care group).

### *This Program is for Care Partners who are:*

- Supporting a family member, spouse, friend, or another person living with dementia at home, or living in retirement or Long-Term Care.
- Experiencing challenges with the caregiving role.
- At risk for caregiver burnout (the caregiver's well-being is in jeopardy and/or the care provided is deteriorating).
- Able to attend scheduled weekly sessions for the TEACH or CARERS program and willing to participate in a group setting.

### How to participate

There are two group programs offered in EC (TEACH and CARERS), please see the following pages for more details and the group schedule.

**To register for CARERS or TEACH:** call 705-722-1066 ext. 241

Program registration and assessment are required. Registration closes 1 week before the group start date. The program coordinator will contact you for your assessment.

## TEACH


### *Training, Education and Assistance for Caregiving at Home*

TEACH is a 4-week discussion-based group program which provides opportunities to share and learn from other care partners. Care partners receive coaching in problem solving, communication, and coping skills.

Each session focuses on a caregiving theme:

- Self-care
- Healthcare system navigation
- Relationship changes
- Future planning

PROGRAM REGISTRATION AND ASSESSMENT ARE REQUIRED. REGISTRATION CLOSES 1 WEEK BEFORE THE GROUP START DATE. THE PROGRAM COORDINATOR WILL CONTACT YOU FOR YOUR ASSESSMENT.

Location	Date	Time	Format
	Thursday Feb 5 Thursday Feb 12 Thursday Feb 19 Thursday Feb 26	1:00pm- 2:30pm	<b>Online</b>
<b>Orillia</b> Location to be confirmed upon registration.	Tuesday Feb 3 Tuesday Feb 10 Tuesday Feb 17 Tuesday Feb 24	10am- 11:30am	<b>In-Person</b>
<b>Barrie</b> Alzheimer Society 20 Anne Street S.	Friday Mar 6 Friday Mar 13 Friday Mar 20 Friday Mar 27	10am- 11:30am	<b>In-Person</b>

## CARERS

### *Coaching, Advocacy, Respite, Education, Relationship, Simulation*

CARERS is an 8-week skills-based group program which focuses on practical skills and emotional support needed to care for people living with dementia.

Care partners in the CARERS group:

- Learn problem solving techniques.
- Learn strategies for keeping a meaningful relationship with the person living with dementia.
- Receive coaching in communication skills through simulations (role play) with a simulated patient.

PROGRAM REGISTRATION AND ASSESSMENT ARE REQUIRED. REGISTRATION CLOSES 1 WEEK BEFORE THE GROUP START DATE. THE PROGRAM COORDINATOR WILL CONTACT YOU FOR YOUR ASSESSMENT.

Location	Date	Time	Format
<b>Barrie</b> Alzheimer Society 20 Anne Street S.	Wednesday Feb 4 Wednesday Feb 11 Wednesday Feb 18 Wednesday Feb 25 Wednesday Mar 4 Wednesday Mar 11 Wednesday Mar 18 Wednesday Mar 25	10am- 12pm	<b>In-Person</b>
<b>Alliston</b> Matthews House Hospice 131 Wellington Street E.	Thursday Mar 5 Thursday Mar 12 Thursday Mar 19 Thursday Mar 26 Thursday Apr 2 Thursday Apr 9 Thursday Apr 16 Thursday Apr 23	10am- 12pm	<b>In-Person</b>

# Education Programs



We offer a variety of workshops and presentations that address symptoms, care & coping strategies, and future planning. Programs are designed specifically for care partners and for individuals living with dementia to learn more about symptoms and strategies to live well.

**To register for any of our education programs:** call 705-722-1066 ext. 241

## Welcome to ASSC - Dementia 101

For Care Partners & General Public


This presentation provides an overview of different types of dementia, practical communication tips, and the programs and services offered by the Alzheimer Society of Simcoe County (ASSC). It is ideal for clients who are new to the Society and want to learn more about the support available.

Location	Date	Time	Format
 zoom	Tuesday Jan 13	1pm-2pm	<b>Online</b>
 zoom	Thursday Mar 26	11am-12pm	<b>Online</b>

## Finding Your Way

For Care Partners & General Public

Finding Your Way empowers people living with dementia, their families, care partners, and communities to stay safe and connected. This program raises awareness about the risk of going missing, provides practical strategies to prepare for emergencies, and helps ensure that individuals with dementia can continue living confidently and securely in their community.

Location	Date	Time	Format
 zoom	Monday Jan 26	2pm-4pm	<b>Online</b>

## First Steps

### For People Living with Dementia & Care Partners


This is a 4-week introductory series for people living with dementia and their care partners. It serves as an opportunity to learn more about what dementia is, adapting to brain changes, planning ahead, and building a circle of support.

Location	Date	Time	Format
<b>Barrie</b> Alzheimer Society 20 Anne Street S.	Friday Jan 23 Friday Jan 30 Friday Feb 6 Friday Feb 13	10am-12pm	<b>In-Person</b>
<b>Wasaga Beach</b> Wasaga Beach Public Library 544 River Road, W.	Tuesday Feb 3 Tuesday Feb 10 Tuesday Feb 17 Tuesday Feb 24	10am-12pm	<b>In-Person</b>
<b>Orillia</b> Location to be confirmed upon registration.	Tuesday Mar 3 Tuesday Mar 10 Tuesday Mar 17 Tuesday Mar 24	10am-12pm	<b>In-Person</b>
<b>Bradford</b> Bradford Public Library 425 Holland St. W	Friday Mar 6 Friday Mar 13 Friday Mar 20 Friday Mar 27	10am-12pm	<b>In-Person</b>

## First Steps for Care Partners

### For Care Partners


This 4-week introductory series covers the same content as First Steps but is an option solely for care partners.

Location	Date	Time	Format
<b>Barrie</b> Alzheimer Society 20 Anne Street S.	Thursday Jan 15 Thursday Jan 22 Thursday Jan 29 Thursday Feb 5	1pm-3pm	<b>In-Person</b>
	Monday Feb 2 Monday Feb 9 Monday Feb 23 Monday Mar 2	6pm-8pm	<b>Online</b>

## Care Essentials

### For Care Partners

This is a 4-week education series for care partners supporting a person in the mid to late stages of dementia. The focus is on what to expect, communicating effectively, responding to behaviour changes, and supporting daily activities.

Location	Date	Time	Format
	Wednesday Mar 4 Wednesday Mar 11 Wednesday Mar 18 Wednesday Mar 25	6pm-8pm	<b>Online</b>

## U-First for Care Partners

### For Care Partners

The goals of this program are to increase your confidence and skills so you can understand and respond to behaviour changes in order to:

- Reduce behaviour changes using the U-First!® framework
- Enhance your well-being and the well-being of the person you are caring for who is experiencing behaviour changes
- Improve collaboration among all team members using a common approach, language and care practices


PROGRAM REGISTRATION AND ASSESSMENT ARE REQUIRED. REGISTRATION CLOSSES 1 WEEK BEFORE THE GROUP START DATE. THE PROGRAM COORDINATOR WILL CONTACT YOU FOR YOUR ASSESSMENT.

Location	Date	Time	Format
<b>Orillia</b> Location to be confirmed upon registration.	Wednesday Feb 4 Wednesday Feb 11	9am-12pm	<b>In-Person</b>

## Help in the Home: Creating a Plan for Support

### For Care Partners


This 2-week course is for care partners who are just beginning to support a person living with dementia and who have not yet accessed services or have only accessed minimal services and want to learn more.

Location	Date	Time	Format
	Thursday Jan 22 Thursday Jan 29	10am- 11:30am	<b>Virtual</b>

## Considering Residential Care Options

### For Care Partners


This 2-week course is for care partners who are starting to consider the move to a residential care setting that can provide more care than they can manage at home. The course helps participants understand available options and provides key considerations to guide them in making the best decision for themselves and the person living with dementia.

Location	Date	Time	Format
	Thursday Feb 26 Thursday Mar 5	10am- 11:30am	<b>Virtual</b>

## Moving to Long-Term Care: Before, During, and After

### For Care Partners

This 2-week course is for care partners who want to know more about applying to long-term care and/or are planning to move to long-term care soon and want to discuss how to prepare the person living with dementia and themselves for this move.

Location	Date	Time	Format
	Wednesday Mar 11 Wednesday Mar 18	10am- 11:30am	<b>Virtual</b>

## Care in the Later Stages

### For Care Partners


This 3-week education program will help you prepare for the later stages of dementia, discuss care strategies including ways to enhance quality of life, and the importance of taking care of yourself throughout the dementia journey.

Location	Date	Time	Format
<b>Barrie</b> Alzheimer Society 20 Anne Street S.	Tuesday Mar 17 Tuesday Mar 24 Tuesday Mar 31	1pm- 3pm	<b>In-Person</b>

## Supporting Communication

### For Care Partners

This education session provides participants with an overview of dementia; ways we communicate and how dementia affects communication; tips and strategies to improve communication with the person living with dementia; and a preview of Alzheimer Society programs and services.

Location	Date	Time	Format
	Tuesday Jan 20	3pm- 4pm	<b>Online</b>

## Understanding Changing Behaviours

### For Care Partners


This education session reviews common behaviour changes that individuals living with dementia may experience, as well as strategies that can be used to help connect with the person living with dementia, to support them as best possible.

Location	Date	Time	Format
<b>Barrie</b> Alzheimer Society 20 Anne Street S.	Wednesday Jan 14	10am- 11am	<b>In-Person</b>

## Care Partner Loss & Grief

### For Care Partners


Loss and grief are among the most significant challenges care partners face when supporting someone living with dementia. This workshop helps care partners recognize and navigate the ongoing losses and grief that occur throughout the caregiving journey. Participants will also gain an understanding of supportive services available in the community.

Location	Date	Time	Format
<b>Barrie</b> Alzheimer Society 20 Anne Street S.	Thursday Feb 12	1pm-3pm	<b>In-Person</b>
	Monday Mar 23	6pm-8pm	<b>Online</b>

## Meaningful Activities

### For Care Partners


This education session highlights the importance of meaningful activities for people living with dementia and offers practical strategies to foster engagement. Participants will also learn about available resources and local programs that support individuals with dementia and their care partners.

Location	Date	Time	Format
<b>Alliston</b> Matthews House Hospice 131 Wellington Street E.	Friday Feb 27	10am-11am	<b>In-Person</b>
	Thursday Feb 19	1pm-2pm	<b>Online</b>

## Support for Care Partners

### For Care Partners


This education session explores the emotional impact of caregiving, the challenges it brings, and practical strategies for coping. Participants will also learn about community programs and supports available to help care partners in their role.

Location	Date	Time	Format
	Tuesday Mar 10	7pm-8pm	Online

## Brain Health

### For Care Partners & General Public

Join us for an interactive session on how to protect and boost your brain health at any age! We'll explore modifiable risk factors for dementia and share practical tips to keep your mind strong and resilient.

Location	Date	Time	Format
	Tuesday Jan 13	11am-12pm	Online

# Social Recreation Programs

## Minds in Motion

For Care Partners & People Living with Early to Mid-stage Dementia

Minds in Motion® is an 8-week community-based social program that incorporates physical and mental stimulation for people with early to mid-stage dementia and their care partners.

Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from:

- Increasing physical activity through gentle group exercise.
- Establishing new friendships with others who are living with similar experiences.
- Engaging in fun, social activities.

**To Register:** Please call 705-722-1066 ext. 241

Location	Date	Time	Format
<b>Barrie</b> Parkview Community Centre 189 Blake St	Wednesday Jan 14 Wednesday Jan 21 Wednesday Jan 28 Wednesday Feb 4 Wednesday Feb 11 Wednesday Feb 18 Wednesday Feb 25 Wednesday Mar 4	10am-12pm	<b>In-Person</b>
<b>Orillia</b> Location to be confirmed upon registration.	Friday Jan 16 Friday Jan 23 Friday Jan 30 Friday Feb 6 Friday Feb 13 Friday Feb 20 Friday Feb 27 Friday Mar 6	10am-12pm	<b>In-Person</b>
<b>Barrie</b> Allendale Recreation Centre 190 Bayview Dr.	Tuesday Jan 20 Tuesday Jan 27 Tuesday Feb 3 Tuesday Feb 10 Tuesday Feb 17 Tuesday Feb 24 Tuesday Mar 3 Tuesday Mar 10	1pm-3pm	<b>In-Person</b>

## In-Home Recreation

### For Care Partners & People Living with Dementia

This program offers personal visits from a Therapeutic Recreation Specialist who will facilitate a variety of person-centered recreation and leisure-based activities in the comfort of your own home. It consists of weekly 1.5-hour visits for a duration of 12 weeks, providing social connection for the person living with dementia and brief respite for the care partner.

## Music Project

### For People Living with Dementia

The Music Project provides a FREE music player and personalized music to improve the quality of life of those living with dementia.

The music package includes:

- Sandisk device
- Over-the-ear headphones
- Personalized music playlist
- On-going technical support



If you, or someone you know, would benefit from the Music Project, please call our office at 705-722-1066 or fill out an online registration form for the person living with dementia: <https://www.musicproject.ca/apply/>

## Additional Resources

### Information

Brochures and information sheets about dementia, including signs and symptoms, progression, and caregiving tips are available on request and at the Barrie office.

### Contact Information

**Address:** 20 Anne Street South, Barrie

**Phone:** 705-722-1066 OR 1-800-265-5391

**Email:** [simcoecounty@alzheimersociety.ca](mailto:simcoecounty@alzheimersociety.ca)

**Web:** <https://alzheimer.ca/simcoecounty/en>

**Hours:** Mon – Fri 8:30am – 4:30pm (closed 12pm – 1pm for lunch)

Walk-ins are **welcomed**.

### Support After Hours

Health811	Ontario Caregiver Organization	211
Call 811 Chat online Website: <a href="https://health811.ontario.ca/">https://health811.ontario.ca/</a>	Call 1-833-416-2273 Chat online Website: <a href="https://ontariocaregiver.ca/">https://ontariocaregiver.ca/</a>	Call 211 Available 24 hours/day Website: <a href="https://211.ca/">https://211.ca/</a>



## RecDesk Registration

The Alzheimer Society has a **new registration app called RecDesk** for our support groups, aimed at making the registration process more efficient. If you are interested in signing up for a support group, you will need to create a one-time login to access our program calendar, and from there, you'll register monthly for the support group you wish to attend.

**To register**, go to <https://assc.recdesk.com/Community/Home>

Here you will be able to access our online calendar for more information.

If you do not have access to the internet or need support registering, please contact the coordinator for the group you are interested in attending.

Please see detailed instructions for:

- Creating an account (page 24)
- Selecting a program (page 25)

# RECDESK

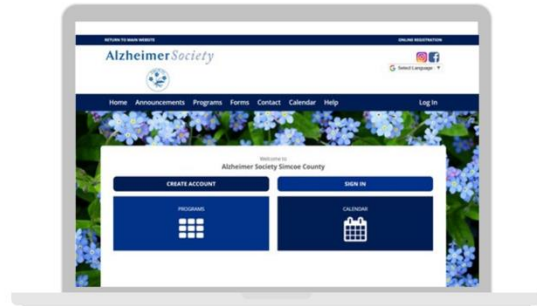
# DESKTOP

## Registration guide for new users

### Step 1

Go to: <https://assc.recdesk.com/Community/Home>.

This should take you to the RecDesk Alzheimer Society of Simcoe County log in page. Please click “Create Account”.



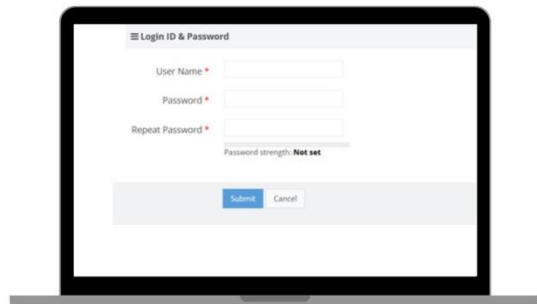
### Step 2

Please fill in the create an account form requirements and click “Continue” once complete.



### Step 3

Fill in the information required and then create a username and password for your account. Click “Submit” and your account should be complete!



### Step 4

Once complete, your account information should pop up, and you will be ready to start registering for programs on RecDesk.



★ Questions that are followed by a red asterisk (\*) require responses.

# Registration Guide – Selecting a Program

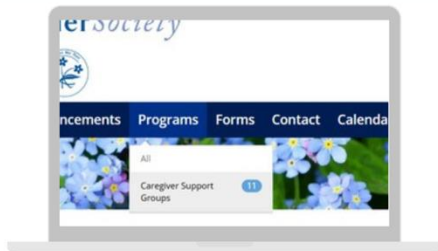
## RECDESK

## DESKTOP

**Registration once logged into RecDesk**

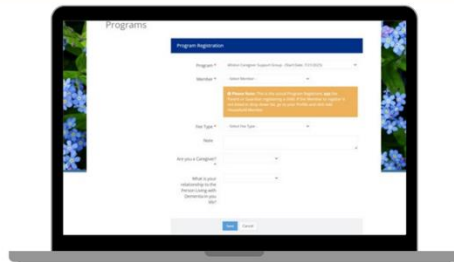
### Step 1

On the tabs bar please select “Programs” and the drop-down bar should allow you to select the type of program you’d like.



### Step 2

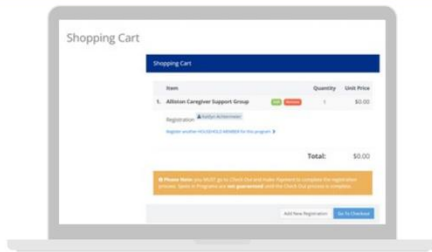
Select the program you would like to register for, select yourself as the member and the fee of 0\$ and then click “Save”.



### Step 3

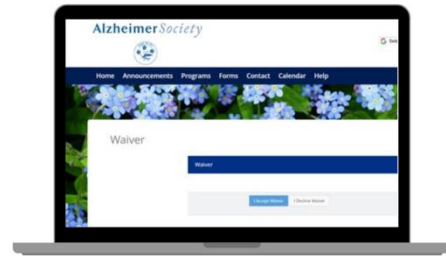
This program should now be in your “Shopping Cart”.

Click “Go To Checkout”.



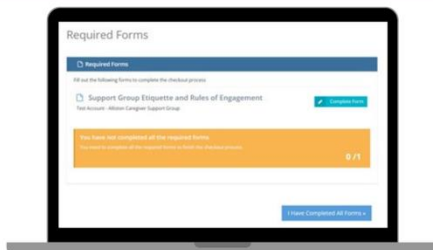
### Step 4

RecDesk will then ask you to read and acknowledge the Alzheimer Society of Simcoe County program participation waiver. Please read and then click “I Accept Waiver”.



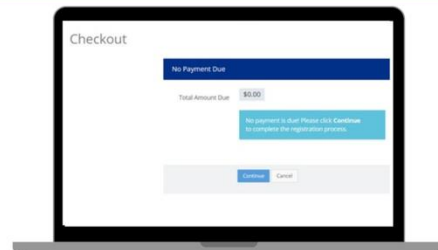
### Step 5

Then you will be asked to complete the required forms. Please read through, answer all questions and submit the form by clicking “I Have Completed All Forms”.



### Step 6

Once complete, you will be sent to checkout. All programs at The Alzheimer Society of Simcoe County are free, so no need to get your wallet just click “Continue” and you are set!



★ Questions that are followed by a red asterisk (\*) require responses.

Alzheimer Society  
SIMCOE COUNTY  
**Holiday Social**

Clients & volunteers of the Alzheimer Society, please join us to celebrate the holiday season with music, games, crafts and snacks!

**December 15<sup>th</sup> 12:30–2:30**

ORILLIA; Ramara Fire Station 2  
85 Patricia Dr.

**December 16<sup>th</sup> 12:30–2:30**

COLLINGWOOD; Collingwood Public Library  
55 Ste Marie St.

**December 18<sup>th</sup> 10:00–12:00**

BARRIE; Parkview Community Centre  
189 Blake St.



Register at <https://assc.recdesk.com/Community/Home>  
OR contact Jenna at [jamantia@alzheimersociety.ca](mailto:jamantia@alzheimersociety.ca)