

**Groups for Persons with Dementia
and Care Partners**

**Groups meet separately*

Time to Engage

Alzheimer Society Office

An activity-driven support group that aims to engage and stimulate those with mild to moderate stages of dementia, while Care Partners meet for peer support.

11:00 am to Noon

Second Wednesday of each month

The Coffee Group (currently full)

The Royale Kingston

2485 Princess Street, Kingston, ON

A discussion group for people with mild cognitive impairment (MCI) or in the early stages of dementia, and their Care Partners

Care partner group meets separately.

11:00 am to Noon

Fourth Wednesday of each month

The New Path

Alzheimer Society Office

A support group for those newly diagnosed or those in the early stages of dementia and their Care Partners.

10:00am to 11:00am

Fourth Tuesday of each month

**Other services
include...**

- Medic Alert Safely Home Program
- Drop-in Centre
- Music for Memories
- Education and training programs for families, care partners, health care providers, students and professionals
- Support groups for care partners and persons with dementia
- Individual support for families/care partners & persons with dementia
- Resource center and lending library in Kingston
- Quarterly newsletter
- Public awareness campaigns
- Volunteer opportunities
- Social events and fundraisers
- Office hours in Sydenham, Amherstview and Sharbot Lake

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

**Support Groups
for Care Partners
and Persons with
Dementia**



400 Elliott Avenue, Suite 4

Kingston, ON K7K 6M9

613-544-3078

ask@alzking.com

www.alzheimer.ca/kfla

Groups for Care Partners of Persons with Dementia

Companions on a Journey Alzheimer Society Office

A group for anyone caring for someone in any stage of dementia

7:00 pm to 9:00pm
Second Tuesday of each month

Women Who Care Waterford Retirement Home, 471 Cataraqui Woods Drive Kingston, Ontario K7P 0E6

A group especially for women caring for someone in any stage of dementia.

7:00 pm—9:00 pm
Third Wednesday of each month



Groups for Care Partners of Persons with Dementia

Napanee John Parrott Centre

309 Bridge Street West
“FRIENDLY ROUND TABLE”

6:30 pm to 8:00 pm
Second Tuesday of each month

Amherstview Briargate Retirement Residence 4567 Bath Road

“CARING AND SHARING”

4:00 pm to 5:30 pm
Fourth Tuesday of each month

Sydenham South Frontenac Community Centre 4295 Stage Coach Road

“CIRCLE OF CARING”

6:30 pm to 8:30 pm
Last Wednesday of each month

Women’s Group Kingsdale Chateau 520 Kingsdale Avenue

A group specifically for women caring for an individual with a dementia

11:00 am to 12:00 pm
First Tuesday of each month

Groups for Care Partners of Persons with Dementia

Caring in the Care Facility Alzheimer Society Office

A group for care partners who face the daily challenges of caring for someone with moderate to severe dementia who are living in Long Term Care.

10:00 am to 11:00 am
First Wednesday of each month

Connecting at Kingsdale Kingsdale Chateau Retirement Home 520 Kingsdale Avenue

An education and discussion group for residents, family members and friends of Kingsdale Chateau to meet and discuss a variety of topics related to aging in general and dementia in particular.

11:00 am to 12:00 noon
Second Tuesday of each month

Men’s Group Kingsdale Chateau Retirement Home 520 Kingsdale Avenue

A group especially for men caring for a partner in any stage of dementia

10:00 am to 11:30 am
Third Thursday of each month