









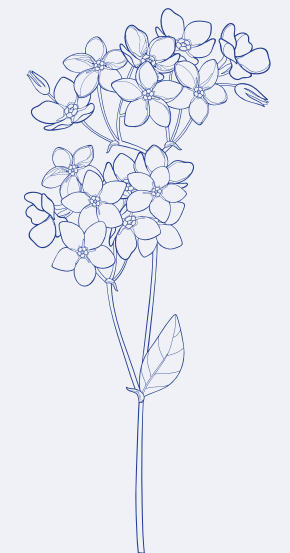
In-Person Fall 2023 Schedule **SUDBURY**

| Group & Description | Dates | Time | Location |
|---|--|--|---|
| <p>Dementia Learning Series 4-week education series designed for care partners and persons wanting to learn more about dementia. It provides a comprehensive overview of dementia, communication strategies, responding to behaviour changes and support services to help along the journey.</p> <p> Registration Required</p> | <p>Group 1 October 19, 26 November 2, 9 (Thursdays)</p> | <p> 6:00pm - 8:00pm</p> | <p>Alzheimer Society 960B Notre Dame Ave Sudbury</p> |
| <p>Coffee Club Support Group This monthly support group is for persons living with dementia (early stages) and their care partners to attend together. The 1st hour is combined and the 2nd hour, care partners and PLWD meet separately.</p> <p> Registration Required</p> | <p>3rd Thursday of the month: October 19 ★November 22 (Wednesday) December 21</p> | <p> 6:00pm - 7:30pm</p> | <p>Alzheimer Society 960B Notre Dame Ave Sudbury</p> |
| <p>Care Partner Support Group These groups are for care partners, family members and friends who meet monthly to share, support and learn with others who are living the dementia journey.</p> | <p>2nd Tuesday of the month: October 10 November 14 December 12</p> | <p> 10:00am - 12:00pm</p> | |
| <p> Registration Required</p> | <p>Last Thursday of the month: October 26 November 30 December 28</p> | <p> 6:00pm - 7:30pm</p> | |
| <p>Minds in Motion An 8-week program that combines physical activity with social and cognitive stimulation for persons living with dementia and their care partners.</p> <p> Registration Required</p> | <p>Group 1 November 2, 9, 16, 23, 30 December 7, 14, 21 (Thursdays)</p> | <p>2:30pm - 4:30pm</p> | <p>Parkside Centre 140 Durham Street Sudbury</p> |

To learn more or to register, please contact us

Telephone (Toll Free):
1-800-407-6369

Email:
education@alzheimersudbury.ca









★Some session dates have been modified to accommodate holidays and special events.

EDUCATION

SUPPORT GROUPS

HEALTH PROMOTION

| Group & Description | Dates | Time | Location |
|--|---|--|---|
| <p>Dementia Learning Series</p> <p>4-week education series designed for care partners and persons wanting to learn more about dementia. It provides a comprehensive overview of dementia, communication strategies, responding to behaviour changes and support services to help along the journey.</p> <p> Registration Required</p> | <p>Virtual Group 1 November 8, 15, 22, 29 (Wednesdays)</p> | <p> 6:00pm - 8:00pm</p> | <p>Video call - Zoom *Link provided upon registration</p> |
| <p>Care Partner Support Group</p> <p>This group is for care partners, family members and friends who meet virtually each month to share, support and learn with others who are living the dementia journey.</p> | <p>2nd Wednesday of the month: October 11 November 8 December 13</p> | <p> 2:00pm - 4:00pm</p> | <p>Video call - Zoom https://us06web.zoom.us/j/82871629427 </p> |
| <p>Exercise & Game Time</p> <p>An ongoing program that combines physical activity with social and cognitive stimulation for persons living with dementia and their care partners.</p> | <p>Every Tuesday</p> | <p> 1:30pm - 3:00pm</p> | <p>Video call - Zoom https://us02web.zoom.us/j/7290539028 </p> |

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To learn more about zoom and how to join our virtual programs, please contact us.