







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>Group 1 April 5, 12, 19, 26 (Wednesdays)</p>	<p> 10:00am - 12:00pm</p>	<p>Alzheimer Society 960B Notre Dame Ave Sudbury</p>
	<p>Group 2 April 5, 12, 19, 26 (Wednesdays)</p>	<p> 6:00pm - 8:00pm</p>	
	<p>Group 3 (in french) May 2, 9, 16, 23 (Tuesdays)</p>	<p> 1:00pm - 3:00pm</p>	<p>CSCGS 26 Main St E, Chelmsford</p>
	<p>Group 4 June 5, 12, 19, 26 (Mondays)</p>	<p> 1:00pm - 3:00pm</p>	<p>Alzheimer Society 960B Notre Dame Ave Sudbury</p>
	<p>Group 5 June 7, 14, 21, 28 (Wednesdays)</p>	<p> 6:00pm - 8:00pm</p>	

To learn more or to register, please contact us








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

Email:
education@alzheimersudbury.ca



In-Person Spring 2023 Schedule **SUDBURY**

SUPPORT GROUPS

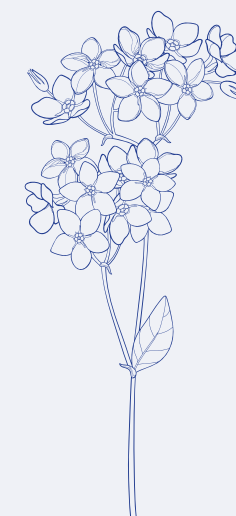
Group & Description	Dates	Time	Location
<p>Coffee Club Support Group</p> <p>This monthly support group is for persons living with dementia (early stages) and their care partners to attend together. The 1st hour is combined and the 2nd hour, care partners and PLWD meet separately.</p> <p> Registration Required</p>	<p>2nd Thursday of the month: April 13 May 11 June 8</p>	<p> 6:00pm - 7:30pm</p>	<p>Alzheimer Society 960B Notre Dame Ave Sudbury</p>
<p>Care Partner Support Group</p> <p>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> Registration Required</p>	<p>2nd Tuesday of the month: April 11 May 9 June 13</p>	<p> 10:00am - 12:00pm</p>	
	<p>Last Thursday of the month: April 27 May 25 June 29</p>	<p> 6:00pm - 7:30pm</p>	
<p>Minds in Motion</p> <p>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 May 4, 11, 18, 25 June 1, 8, 15, 22 (Thursdays)</p>	<p> 2:30pm - 4:00pm</p>	<p>Parkside Centre 140 Durham Street Sudbury</p>





HEALTH PROMOTION

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<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 May 3, 10, 17, 24 (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: April 12 May 10 June 14</p>	<p> 2:00pm - 4:00pm</p>	<p>Video call - Zoom https://us06web.zoom.us/j/82871629427</p>
<p>Minds in Motion</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>

EDUCATION

SUPPORT GROUPS

HEALTH PROMOTION

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