






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>3rd Thursday of the month:</p> <p>April 18 May 16 June 20</p>	<p></p> <p>6:00pm - 8:00pm</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>Group 1 2nd Tuesday of the month:</p> <p>April 9 May 14 June 11</p>	<p></p> <p>10:00am - 12:00pm</p>	<p>Alzheimer Society 960B Notre Dame Ave Sudbury</p>
	<p>Group 2 Last Thursday of the month:</p> <p>April 25 May 30 June 27</p>	<p></p> <p>6:00pm - 8:00pm</p>	







To learn more or to register, please contact us

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

Email:
info@alzheimersudbury.ca



In-Person Spring 2024 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 April 9, 16, 23 & 30 (Tuesdays)</p>	<p> 2:00pm - 4:00pm</p>	<p>Alzheimer Society 960B Notre Dame Ave Sudbury</p>
	<p>Group 2 May 29, June 5, 12 & 19 (Wednesdays)</p>	<p> 6:00pm - 8:00pm</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 April 1, 8, 15, 22, 29, ★ May 6, 13 & 27 (Mondays)</p>	<p> 2:00pm - 4:00pm</p>	<p>Legion Hall 1553 Weller Street Sudbury</p>
	<p>Group 2 May 2, 9, 16, 23, 30, June 6, 13 & 20 (Thursdays)</p>	<p> 2:30pm - 4:30pm</p>	<p>Parkside Centre 140 Durham Street Sudbury</p>







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

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>June 6, 13, 20 & 27 (Thursdays)</p>	<p> 10:00am - 12:00pm</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 10 May 8 June 12</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 - 2:30pm</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.