







Group & Description	Dates	Time	Location
<p><b>Dementia Learning Series</b></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> <b>Registration Required</b></p>	<p><b>Group 1</b> January 4, 11, 18, 25 (Wednesdays)</p>	<p> 6:00pm - 8:00pm</p>	<p><b>Alzheimer Society</b> 960B Notre Dame Ave Sudbury</p>
	<p><b>Group 2</b> January 10, 17, 24, 31 (Tuesdays)</p>	<p> 10:00am - 12:00pm</p>	
	<p><b>Group 3 (in french)</b> February 1, 8, 15, 22 (Wednesdays)</p>	<p> 10:00am - 12:00pm</p>	<p><b>CSCGS</b> 19 Froot Rd, Sudbury</p>
	<p><b>Group 4</b> February 2, 9, 16, 23 (Thursdays)</p>	<p> 6:00pm - 8:00pm</p>	<p><b>Alzheimer Society</b> 960B Notre Dame Ave Sudbury</p>
	<p><b>Group 5</b> March 7, 14, 21, 28 (Tuesdays)</p>	<p> 1:00pm - 3:00pm</p>	

**To learn more or to register, please contact us**






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

Email:  
education@alzheimersudbury.ca



# In-Person Winter 2023 Schedule **SUDBURY**

SUPPORT GROUPS

Group & Description	Dates	Time	Location
<p><b>Coffee Club Support Group</b></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> <b>Registration Required</b></p>	<p>2nd <b>Thursday</b> of the month:</p> <p>January 12 February 9 March 9</p>	<p> 6:00pm - 8:00pm</p>	<p><b>Alzheimer Society</b> 960B Notre Dame Ave Sudbury</p>
<p><b>Care Partner Support Group</b></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> <b>Registration Required</b></p>	<p>2nd <b>Tuesday</b> of the month:</p> <p>January 10 February 14 March 14</p>	<p> 10:00am - 12:00pm</p>	
	<p>Last <b>Thursday</b> of the month:</p> <p>January 26 February 23 March 30</p>	<p> 6:00pm - 8:00pm</p>	

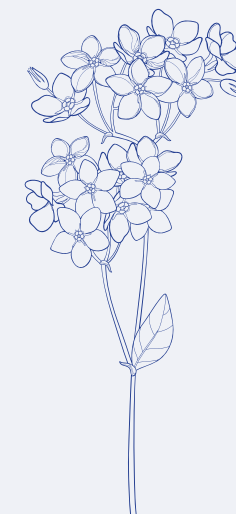
HEALTH PROMOTION

<p><b>Minds in Motion</b></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>\$20.00/ per Couple (covers entire 8 weeks)</p> <p> <b>Registration Required</b></p>	<p><b>Group 1</b> January 12, 19, 26, February 2, 9, 16, 23 March 2 <b>(Thursdays)</b></p>	<p> 2:30pm - 4:00pm</p>	<p><b>Parkside Centre</b> 140 Durham Street Sudbury</p>
	<p><b>Group 2</b> March 9, 16, 23, 30 April 6, 13, 20, 27 <b>(Thursdays)</b></p>	<p> 2:30pm - 4:00pm</p>	












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# Virtual Winter 2023 Schedule

Group & Description	Dates	Time	Location
<b>Dementia Learning Series</b> 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.  <b>Registration Required</b>	<b>Virtual Group 1</b> January 4, 11, 18, 25 <b>(Wednesdays)</b>	 6:00pm - 8:00pm	<b>Video call - Zoom</b> *Link provided upon registration
	<b>Virtual Group 2</b> March 3, 10, 17, 24 <b>(Fridays)</b>	 10:00am - 12:00pm	
<b>Care Partner Support Group</b> 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.	2nd <b>Wednesday</b> of the month: January 11, February 8, March 8	 2:00pm - 4:00pm	<b>Video call - Zoom</b> <a href="https://us06web.zoom.us/j/82871629427">https://us06web.zoom.us/j/82871629427</a> 
<b>Groupe de soutien pour partenaire de soins</b> Destiné aux partenaires de soins et aux familles touchées par la démence, ce groupe se rencontre de façon virtuelle chaque mois pour partager leurs expériences et s'entraider.	2ieme <b>lundi</b> de tous les mois Le 9 janvier, 13 février et 13 mars	 13h00 à 15h00	<b>Appel vidéo - Zoom</b> <a href="https://us06web.zoom.us/j/88641452745">https://us06web.zoom.us/j/88641452745</a> 
<b>Minds in Motion</b> An ongoing program that combines physical activity with social and cognitive stimulation for persons living with dementia and their care partners.	<b>Every Tuesday</b>	 1:30pm - 3:00pm	<b>Video call - Zoom</b> <a href="https://us02web.zoom.us/j/7290539028">https://us02web.zoom.us/j/7290539028</a> 
<b>Game time</b> A 30 minute program that includes social and cognitive stimulation for persons living with dementia.	January 18 February 1, 15 March 1, 15, 29 <b>(Wednesdays)</b>	 1:30pm - 2:00pm	
<b>Fitness Time</b> A 30 minute physical activity program that includes stretches and exercise for persons living with dementia.	January 11, 25 February 8, 22 March 8, 22 <b>(Wednesdays)</b>	 1:30pm - 2:00pm	

EDUCATION

SUPPORT GROUPS

HEALTH PROMOTION

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