






In-Person Winter 2024 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>3rd Thursday of the month:</p> <p>January 18 February 15 March 21</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</p> <p>2nd Tuesday of the month:</p> <p>January 9 February 13 March 12</p>	<p></p> <p>10:00am - 12:00pm</p>	<p>Alzheimer Society 960B Notre Dame Ave Sudbury</p>
	<p>Group 2</p> <p>Last Thursday of the month:</p> <p>January 25 February 29 March 28</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:
education@alzheimersudbury.ca



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Group & Description	Dates	Time	Location
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.  Registration Required	Group 1 January 9, 16, 23, 30 (Tuesdays)	 10:00am - 12:00pm	Alzheimer Society 960B Notre Dame Ave Sudbury
	Group 2 March 6, 13, 20, 27 (Wednesdays)	 6:00pm - 8:00pm	

EDUCATION

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.  Registration Required	Group 1 January 11, 18, 25 February 1, 8, 15, 22, 29 (Thursdays)	 2:30pm - 4:30pm	Parkside Centre 140 Durham Street Sudbury
	Group 2 January 8, 15, 22, 29 ★ February 5, 12, 26 March 4 (Mondays)	 2:00pm - 4:00pm	Legion Hall 1553 Weller Street Sudbury
	Group 3 March 7, 14, 21, 28 April 4, 11, 18, 25 (Thursdays)	 2:30pm - 4:30pm	Parkside Centre 140 Durham Street Sudbury

HEALTH PROMOTION








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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>Virtual Group 1 January 10, 17, 24, 31 (Wednesdays)</p> <p>Virtual Group 2 February 8, 15, 22, 29 (Thursdays)</p>	<p> 6:00pm - 8:00pm</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:</p> <p>January 10 February 14 March 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>

EDUCATION

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HEALTH PROMOTION

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