

SUPPORT GROUPS

For more information or to register contact us at: 905-576-2567 or intake@alzheimerdurham.com

Support for Care Partners

Online Zoom	Fridays 9:30 - 11 a.m. Jan 10, Feb 14, Mar 14
Ajax Ajax Community Centre 75 Centennial Rd.	Tuesdays 1 - 2:30 p.m. Jan 7, Feb 4, Mar 4
Clarington BOAA 26 Beech St., Bowmanville	Tuesdays 6 - 7:30 p.m. Jan 14, Feb 11, Mar 11
Port Perry Community Care Durham 6100 Old Simcoe Rd	Fridays 10 - 11:30 a.m. Jan 24, Feb 28, Mar 28
Uxbridge Uxbridge Health Centre 4 Campbell Dr Building B	Tuesdays 1 - 2:30 p.m. Jan 14, Feb 11, Mar 11
Whitby ASDR Office	Fridays 9:30 - 11 a.m. Jan 24, Feb 28, Mar 28
Wilmot Creek 1 Wheelhouse Dr, Newcastle Open to residents only	Wednesdays 2 - 3:30 p.m. Jan 15, Feb 19, Mar 19

Peer-Led Support Groups

Facilitated by trained volunteers with lived caregiving experience, Peer-Led Support Groups are available in a number of locations including: Ajax, Bowmanville, Whitby and Pickering. Contact us for additional information.

Reitman Centre: Enhancing Care Programs

Help for care partners to manage the day-to-day care of persons living with dementia. Reduce emotional stress and improve ability to cope with the demands of caregiving.

TEACH (4 weeks | 1.5 hrs)
CARERS (8 weeks | 2 hrs)



Support for Caregivers of those in Long-Term Care or Retirement Homes

Online Zoom	Mondays 6 - 7:30 p.m. Jan 6, Feb 3, Mar 3
Whitby ASDR Office	Tuesdays 1 - 2:30 p.m. Jan 21, Feb 18, Mar 18

Support for Adult Children Caregivers

Whitby ASDR Office	Saturdays 10 a.m. - 12 p.m. Jan 11, Feb 8, Mar 8
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Learning the Ropes

Whitby ASDR Office	Wednesday 9:30 - 11:30 a.m. February 12 to March 19
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Taking Control of Our Lives

Whitby ASDR Office	Fridays 2:30 p.m. - 4:30 p.m. February 7 to March 28
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Peer-to-Peer Support

Peer-to-Peer Support provides an opportunity for individuals with similar experiences to connect and offer support to one another and help navigate the caregiving dementia journey. Contact us to learn more.

Comfort Companions

Robotic companion pets and dolls are designed to bring comfort, companionship, and fun. A choice of cat or pup or doll companion is available for a low \$50 adoption fee! Contact us to learn more.



Care Partner Virtual Conference

Navigating the Journey: Supporting Care Partners of Those Living with Dementia

Join us online for this special event featuring a full day of expert speakers, learning and resources!

Thursday January 30 9am - 4pm Free Admission

To register, please email education@alzheimerdurham.com

**SPECIAL
EVENT**

1600 Stellar Dr., Suite 202 Whitby, ON, L1N 9B2

www.alzheimer.ca/durham | 905-576-2567 or 1-888-301-1106 | information@alzheimerdurham.com



ACTIVE LIVING PROGRAMS

For more information or to register contact us at: 905-576-2567 or intake@alzheimerdurham.com

Minds in Motion®

Ajax Ajax Community Centre	Wednesday 10 a.m. - 12 p.m. Jan 15 to Mar 5
Bowmanville BOAA 26 Beech St. Bowmanville	Wednesdays 1:15 - 3:15 p.m. Jan 29 to Mar 19
Oshawa *Location details coming soon.	Tuesdays 1 p.m. - 3 p.m. Feb 4 to Mar 25
Pickering AMICA Pickering 1450 Pickering Pkwy	Wednesdays 1 p.m. - 3 p.m. Jan 15 to Mar 5
Port Perry St. John's Presbyterian Church 319 Queen Street	Thursdays 10 a.m. - 12 p.m. Jan 30 to Mar 20
Whitby Amica Taunton 85 Taunton Rd E	Tuesdays 10 a.m. - 12 p.m. Jan 21 to Mar 11



Coffee & Connections

Whitby ASDR Office	Mondays 10 - 11:30 a.m. Jan 6, Feb 3, Mar 3	A new program designed for individuals in the early stages of dementia.
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Brain Waves Caf  

Ajax Ajax Library Main Branch 55 Hardwood Ave, S.	Tuesdays 1 - 2:30 p.m. Jan 14, Feb 11, Mar 11
Bowmanville BOAA	Thursdays 1:30 - 3 p.m. Jan 2, Feb 6, Mar 6

The Social - Whitby ASDR Office

A weekly social group for persons living with early to mid-stage dementia. To promote social, mental and emotional well-being.

***New locations coming soon!**

Young Onset Day Program - Whitby ASDR Office

For persons diagnosed with dementia prior to age 65, our Adult Day Program provides social and recreational programming, including exercise, music and games.

EDUCATION WORKSHOPS

For more information or to register for the sessions below, please visit asdr.eventbrite.com

For Care Partners

Dementia 101 (First Steps for Care Partners)	Online - Zoom Mondays 3 - 5:30 p.m. Jan 27 & Feb 3
	Online - Zoom Wednesdays 6 - 8 p.m. Feb 5, 12, 19 & 26
	Ajax - Library (location varies*) Fridays 10 a.m. - 12 p.m. March 7, 14, 21, 28 *Please note: March 7 will be held at the Audley Branch and March 14/21/28 at the Main Branch
Options for Care	Online - Zoom Thursdays 2 - 5 p.m. February 13, 20 & 27
Care Essentials	Whitby - ASDR Office Wednesdays 10:30 a.m. - 12:30 p.m. March 5, 12, 19 & 26

Monthly Spotlight Speaker Series

Online - Zoom 7 - 8 p.m.	Feb 24 - Location & Safety Devices Mar 31 - Mild Cognitive Impairment (MCI)
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For Persons Living With Dementia

Living Well with Dementia (First Steps)	Online - Zoom Tuesday 3 - 5 p.m. March 11
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Services en fran  ais

Aper��u des troubles neurocognitifs (Dementia Overview)	Online - Zoom Thursday 11 a.m. - 1 p.m. January 23
Le Salon des ��changes (Coffee Break)	Whitby - The Gibson Pub at Amica Taunton Wednesdays 1 - 2 p.m. Jan 8, Feb 12, March 12

Health Care Professionals Speaker Series

Online - Zoom 2 - 3 p.m.	Wednesday, January 29 Falls & Dementia Care
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Virtual Dementia Tour®

Whitby ASDR Office	Monday 1 - 4 p.m. February 24 Thursday 5 - 7 p.m. March 27
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