

# UPCOMING EVENTS

FOR CAREGIVERS AND PERSONS WITH DEMENTIA

Alzheimer Society  
TORONTO

## July 2010

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### Alzheimer 101

Wednesday July 14th 5:30 p.m. - 8:00 p.m.

This workshop for family caregivers will provide an overview of Alzheimer's disease, symptoms, coping strategies and supports available.

### A Place to Begin

Wednesday July 21st 7:00 p.m. - 8:30 p.m.

Have you ever wondered what the Alzheimer Society of Toronto can do for you? If so, please join us for a general information session. Everyone is welcome to attend.

### The Journey Continues

Thursday July 22nd 2:00 p.m. - 4:30 p.m.

This workshop for family caregivers will focus on communication guidelines as well as understanding and managing behaviours such as agitation and wandering.

### A Place to Begin

Tuesday July 27th 2:00 p.m. - 3:30 p.m.

Have you ever wondered what the Alzheimer Society of Toronto can do for you? If so, please join us for a general information session. Everyone is welcome to attend.

### Ongoing Caregiver Support Groups

- Alzheimer's disease
- Vascular Dementia
- Lewy Body Dementia
- Early Onset (under 65 years)
- Frontotemporal Dementia

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### To attend a session

All sessions take place at:

**Alzheimer Society Toronto,**  
20 Eglinton Avenue West, 16th Floor  
Toronto, Ontario M4R 1K8

To register, inquire about our programs or to be placed on a waiting list please call 416-322-6560 or e-mail [write@alheimertoronto.org](mailto:write@alheimertoronto.org)

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### Counselling, Information & Referral

Offered Monday-Friday 9:00-5:00.

Please call 416-322-6560 and ask to speak to the counsellor on duty

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# UPCOMING EVENTS

FOR CAREGIVERS AND PERSONS WITH DEMENTIA

Alzheimer Society  
TORONTO

## August 2010

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### A Place to Begin

Wednesday August 11th 7:00 p.m. - 8:30 p.m.

Have you ever wondered what the Alzheimer Society of Toronto can do for you? If so, please join us for a general information session. Everyone is welcome to attend.

### Alzheimer 101

Thursday August 19th 2:00 p.m. - 4:30 p.m.

This workshop for family caregivers will provide an overview of Alzheimer's disease, symptoms, coping strategies and supports available.

### Caregiver Stress

Tuesday August 24th 6:30 p.m. - 8:30 p.m.

A workshop to help family caregivers learn to cope with the stresses of caregiving.

### Early Stage Group

August 17th -September 24th 11:00 a.m. - 12:00 p.m. (6 Wednesdays)

This 6 week support group is for persons with early stage dementia. An informal coffee time for family caregivers will run concurrently. If you are interested in this group, please call Jennifer Kivell at 416- 322- 6560. \*\* Note: The support group facilitator will interview all potential group members.

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