

SUPPORT GROUPS

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

Support for Care Partners

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| Online Zoom | Fridays 9:30 - 11 a.m. April 12, May 10, June 14 |
| Ajax Ajax Community Centre 75 Centennial Rd. | Tuesdays 1 - 2:30 p.m. April 2, May 7, June 4 |
| Clarington BOAA 26 Beech St., Bowmanville | Tuesdays 6 - 7:30 p.m. April 9, May 14, June 11 |
| Port Perry Community Care Durham 6100 Old Simcoe Rd | Fridays 10 - 11:30 a.m. April 26, May 24, June 28 |
| Uxbridge Uxbridge Health Centre 4 Campbell Dr Building B | Tuesdays 1 - 2:30 p.m. April 9, May 14, June 11 |
| Whitby ASDR Office | Fridays 9:30 - 11 a.m. April 26, May 24, June 28 |
| Wilmot Creek 1 Wheelhouse Dr, Newcastle Open to residents only | Wednesdays 2 - 3:30 p.m. April 17, May 15, June 19 |



Support for Adult Children Caregivers


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| Whitby ASDR Office | Saturdays 10 a.m. - 12 p.m. April 13, May 11, June 8 |
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Support for Young Adult Caregivers

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| Location and dates coming soon. | For caregivers ages 18 -25. Contact us for more information. |
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Reitman Centre: Enhancing Care Programs

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| 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. |  Sinai Health System <small>THE CYRIL & DOROTHY, JOEL & JILL REITMAN CENTRE FOR ALZHEIMER'S SUPPORT AND TRAINING</small> TEACH (4 weeks 1.5 hrs) CARERS (8 weeks 2 hrs) |
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Support for Caregivers of those in Long-Term Care or Retirement Homes

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| Online Zoom | Mondays 6 - 7:30 p.m. April 1, May 6, June 3 |
| Whitby ASDR Office | Tuesdays 1 - 2:30 p.m. April 16, May 21, June 18 |

Peer-Led Support

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| Online Support Group Zoom | Wednesdays 10 - 11:30 a.m. April 24, May 29, June 26 |
| Whitby Support Group ASDR Office | Wednesdays 1 - 2:30 p.m. April 17, May 15, June 19 |
| Women's Coffee Break Bowmanville Family Restaurant 231 King St. E | Wednesdays 2 - 3:30 p.m. April 3, May 1, June 5 |
| Men's Breakfast Club Online and in-person | Every Wednesday 9 - 11 a.m. April 3 - June 25 |

Peer-to-Peer Support Program

Peer-to-Peer Support Program provides an opportunity for individuals who are going through a similar situation to connect and offer support to help each other navigate through the caregiving dementia journey.

Please 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 at 905-576-2567 to see if you or your loved one qualifies



ACTIVE LIVING PROGRAMS

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

Minds in Motion®

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| Ajax Ajax Community Centre 75 Centennial Rd. | Wednesdays 10 a.m. - 12 p.m. April 17 - June 5 |
| Bowmanville BOAA 26 Beech St. Bowmanville | Wednesdays 1:15 - 3:15 p.m. April 10 - May 29 |
| Whitby Abilities Centre 55 Gordon St. | Tuesdays 10 a.m. - 12 p.m. April 2 - May 21 |
| Port Perry Location and dates coming soon. | Contact us for more information.  |
| Uxbridge Location and dates coming soon. | Contact us for more information.  |

Brain Waves Cafe

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| Ajax Ajax Library Main Branch | Tuesdays 1 - 2:30 p.m. April 9, May 14, June 11 |
| Bowmanville BOAA | Thursdays 1:30 - 3 p.m. April 4, May 2, June 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.

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

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| Dementia 101 (First Steps for Care Partners) | Online - Zoom Thursday May 9 & 16 6 - 8:30 p.m. |
| | Port Perry Port Perry Villa 15987 Simcoe St. Friday June 14 & 21 10 a.m. - 12:30 p.m. |
| Options for Care | Fridays 10 a.m. - 1 p.m. May 3, 10, 17 South Courtice Arena 1595 Prestonvale Rd. |
| Care Essentials | Tuesdays 6:30 - 8:30 p.m. June 4, 11, 18, 25 Online - Zoom |
| Comfort and Care in Later Stages | Thursdays 10 a.m. - 12 p.m. June 20 & 27 Whitby ASDR Office |

Persons Living with Dementia

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| Living Well with Dementia (First Steps) | Wednesday April 24 2-4 p.m. Online - Zoom |
| Monthly Spotlight Speaker Series | |
| Online - Zoom Mondays 7 - 8 p.m. | April 29 - Wills and Estates May 27 - Rare Dementias June 24 - Lifestyle and Dementia |
| Health Care Professionals Speaker Series | |
| Online - Zoom | Wednesday June 26 2 - 3 p.m. Wernicke-Korsakoff Syndrome |
| Virtual Dementia Tour | |
| Whitby - ASDR Office | Wednesday May 8 1 - 4 p.m. |
| Whitby Amica Taunton 85 Taunton Rd. E | Wednesday June 19 5 - 7p.m. |
| U-First for Care Partners | |
| Whitby Amica Taunton 85 Taunton Rd. E | Friday April 19 9 a.m. - 4 p.m. |