

Soci  t  Alzheimer Society

NOVA SCOTIA

Program Guide

Winter 2026



**Programs for people living
with dementia and their
care partners**

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About the Alzheimer Society of Nova Scotia



Help for today. Hope for tomorrow...®

The Alzheimer Society of Nova Scotia is a not-for-profit health charity serving the over 16,000 Nova Scotians living with dementia and those connected to them.

Active in communities across the province, the Society offers help for today through programs and services and hope for tomorrow through advocacy and supporting dementia research.

Since 1983, we've been dedicated to providing support to Nova Scotians impacted by dementia. We provide education and support to people living with dementia, their care partners, healthcare professionals and the public.

MISSION

The Alzheimer Society of Nova Scotia is committed to alleviating the personal and social consequences of Alzheimer's disease and other dementias and promoting the search for causes, treatments, and a cure.

STRATEGIC VISION

All Nova Scotians affected by dementia are empowered through timely, accessible and culturally specific care, support, information and services.

How to Use Our Services

All of our programs are offered free of charge.
Call our Dementia Helpline toll-free at 1-800-611-6345
or send us an email to alzheimer@asns.ca to register.

Website Calendar

Find up-to-date programming information online on our website at www.alzheimer.ca/ns/whats-happening/event-calendar.

Bi-Weekly E-Newsletter

Stay up to date with everything happening at the Society with our bi-weekly e-newsletter! Visit our website www.alzheimer.ca/ns/intheloop to subscribe.

In the Loop Newsletter

We send out a quarterly print newsletter right to your door.
Email alzheimer@asns.ca to be added to our mailing list.



Dementia Helpline: 1-800-611-6345

Our confidential, toll-free Dementia Helpline service provides an opportunity to speak with someone who understands. We are here to help.

Anyone can contact us - you don't need a diagnosis. The province-wide Dementia Helpline is provided by a team of knowledgeable and caring staff. We support ALL Nova Scotians experiencing any type of dementia.

The Dementia Helpline provides:

- Help navigating the dementia journey
- Ongoing individualized support
- Registration for Alzheimer Society of Nova Scotia programs
- Connection to community-based services
- Culturally diverse materials in multiple languages (print or online)

Information about:

- Any type of dementia
- Maintaining brain health
- Getting a diagnosis
- Planning for the future
- Maintaining independence
- Tips and strategies for living well

Eligibility

Call us if you are:

- Concerned about possible signs of dementia
- Diagnosed with any type of dementia
- Supporting someone living with dementia

The Dementia Helpline is a service for:

- People living with dementia
- Care partners/Caregivers
- Family members
- Friends
- Healthcare Providers

You may self-refer by calling 1-800-611-6345 and asking for the Dementia Helpline, or emailing helpline@asns.ca. Healthcare providers and Faith Leaders may provide a direct referral for their clients through our First Link® Direct Referral program (see page 16).

Telecounselling Therapy Program

This compassionate, person-centred telecounselling program offers a safe and supportive space for individuals living with dementia, including care partners, and family members.

Grounded in evidence-informed therapeutic approaches, the program promotes emotional well-being, enhances coping strategies, and supports healthy relational dynamics. Through tailored sessions, participants are empowered to navigate the challenges of dementia with resilience, dignity, and connection.

This program has specific eligibility requirements that require pre-screening. Please give us a call at 1-800-611-6345 for more information.



Programs for Care Partners

The Alzheimer Society of Nova Scotia has a network of educational and support programs specifically for care partners, offered province wide. These programs are open to all care partners of people living with dementia in Nova Scotia.

These programs are safe places for people in caregiving roles to come together, where others understand what you're going through and can help you feel like you are not alone.

Participants of our care partner programs support each other and learn more about dementia - the symptoms of dementia, coping strategies, future planning and community resources.

U-First® for Care Partners

This program is for family and friends who are providing direct support to someone experiencing significant behaviour changes as a result of dementia or other cognitive impairment. The program consists of six hours of direct education.

You will connect with others to develop strategies to respond to behaviour changes related to dementia.

This innovative education program aims to:

- Increase care partner confidence
- Enhance well-being of both the care partner and those experiencing behaviour changes

Eligibility

Please note that there are specific eligibility requirements for this program as well as a detailed screening process. Please call our Dementia Helpline for more information on this program.

Caregiver Education Series

Our Caregiver Education Series is for family members and care partners of people recently diagnosed with dementia. Participants learn about the symptoms of dementia, coping strategies, future planning issues, and available community resources. The series is offered on an ongoing basis at locations across the province.

Upcoming sessions:

- **Virtual (on Zoom)**
Tuesdays from February 3-March 10
6:30- 8:00 PM

In-person sessions will be offered in the spring. Call us at 1-800-611-6345 for more information.

Grief Support Program

Caring for someone with dementia is a unique experience, often with ambiguous feelings of loss that may impact the grieving process after their death.

This program consists of a two-hour group session every week for six weeks, offering both support and grief education with a dementia focus. Each session is created with evidence-based models and will be facilitated by two of our knowledgeable and caring staff members.

While participants will still be grieving at the end of the program, they will leave with insight and tools to better support them throughout their journey.

Eligibility

The program is open to anyone who has personally supported a person with dementia who has died and is feeling challenges navigating their grief.

Sessions:

Virtual (on Zoom)
Tuesdays from March 10 - April 14, 2026
1:30 - 3:30 PM

Caregiver Support Groups

Caregiver Support Groups are safe places for people in caregiving roles to come together regularly for mutual care and support. These confidential groups meet once a month to provide space to talk, listen and share information, tips and strategies. Groups are facilitated in a non-judgemental, respectful atmosphere.

Amherst	3rd Monday	6:30-8:30 PM
Antigonish	3rd Wednesday	6:00-7:30 PM
Berwick	3rd Tuesday	10:15-11:30 AM
Bridgewater	4th Friday	10:00 AM-12:00 PM
Dartmouth	2nd Friday	9:30-11:00 AM
Dartmouth	2nd Monday	1:00-2:30 PM
Fall River	1st Wednesday	7:00-8:30 PM
Glace Bay	3rd Monday	2:00-3:30 PM
Halifax	1st Tuesday	3:00-4:30 PM
Halifax	3rd Tuesday	6:30-8:00 PM
Halifax	4th Tuesday	6:30-8:00 PM
Kentville	1st Tuesday	1:30-3:00 PM
Liverpool	Last Tuesday	6:00-7:00 PM
Lower Sackville	3rd Friday	2:00-3:30 PM
Lower Sackville	1st Tuesday	6:15-7:45 PM
North Sydney	1st Monday	1:30-2:30 PM
Pictou	3rd Thursday	7:00-9:00 PM
Shelburne	2nd Wednesday	6:30-8:00 PM
Sydney	2nd Wednesday	1:00-2:00 PM
Tantallon	3rd Tuesday	6:30-8:00 PM
Truro	2nd Tuesday	1:00-3:00 PM
Yarmouth	1st Thursday	1:00-3:00 PM
Virtual	1st Thursday	7:00-8:00 PM
Virtual	2nd Monday	10:30-11:45 AM
Virtual <i>*Young-onset*</i>	2nd Monday	7:00-8:30 PM
Virtual	2nd Tuesday	7:00-8:00 PM
Virtual	3rd Wednesday	10:00-11:00 AM

Programs for People Living with Dementia

The Alzheimer Society of Nova Scotia offers a series of programs specifically for people living with dementia.

These programs are both social and educational, giving participants an opportunity to connect with people with similar diagnoses.

Programs for people living with dementia provide opportunities to reduce loneliness and isolation as well as educational opportunities exchanging tips and strategies, normalizing feelings and finding hope on their journey.

These programs are open to all people living with dementia in Nova Scotia.

Coffee and Conversation

Coffee and Conversation is a support group offered by Nova Scotia Health and the Alzheimer Society of Nova Scotia for people living with early-stage dementia.

The benefits to group participants include reducing loneliness and isolation, exchanging tips and strategies, normalizing feelings and gaining hope. It is also a space to access current information from the Alzheimer Society of Nova Scotia.

Eligibility

Coffee & Conversation is offered for people living with early-stage dementia who have attended the Alzheimer Society of Nova Scotia program Shaping the Journey. The group is most effective when participants can recognize their cognitive symptoms of dementia and have an interest in discussing their experiences with others with similar diagnoses.

This group has specific eligibility requirements that require pre-screening. Please give us a call at 1-800-611-6345 for more information.



Connections Hub

Connections Hub is a social group for people living with dementia. The program provides a safe, friendly space where participants can connect, converse, and share experiences. This program is offered both virtually province-wide and in-person in Halifax.

Eligibility

Participants must be living with dementia and have an interest in engaging with peers through social connections.

Previous participation in Shaping the Journey and Coffee and Conversation programs is recommended.

This is a closed group. Call us at 1-800-611-6345 for more information.

Pair Programs

The Alzheimer Society of Nova Scotia has a number of pair programs designed for people living with dementia and a care partner to participate in together.

They're excellent opportunities for pairs to connect with others who are experiencing similar things. We have a wide variety of pair programs from educational to social and exercise.

These programs aim to provide a space to learn more about the dementia journey and strategies to live well, and are open to all people living with dementia and care partners in Nova Scotia.



Shaping the Journey™

Shaping the Journey™ is a program offered by Nova Scotia Health and the Alzheimer Society of Nova Scotia designed for people with a recent diagnosis of early-stage dementia, and a care partner, family member, or friend. Shaping the Journey™ provides participants with evidence-based education from knowledgeable, professional staff in a supportive environment.

This program also provides an opportunity for people living with dementia and care partners to receive separate, facilitated peer support. This program takes place weekly for six weeks and is offered in various locations around the province as well as virtually.

Eligibility

This program is best suited for individuals who have had a recent diagnosis of dementia within the past two years and who are in the early stages of dementia. Participants in the group also recognize their cognitive symptoms of dementia and have an interest in discussing their experiences with others in similar situations (or with similar diagnoses).

This program has specific eligibility requirements that require pre-screening. Please give us a call at 1-800-611-6345 for more information.

Upcoming Sessions:

- **Virtual (on Zoom)**
February 4 to March 11
10:00-11:30 AM
- **Halifax**
SESSION FULL - Please call us for more information
- **Kentville**
March 18 to April 22
10:00 AM-12:00 PM

Artful Afternoon



Artful Afternoon is a program provided by the Art Gallery of Nova Scotia and the Alzheimer Society of Nova Scotia. It is a fun and creative program for people living with dementia and a care partner to connect with art.

The program is facilitated by artist Sarah Mosher, Alzheimer Society staff, and volunteers. Ideas for each session are inspired by the Gallery's exhibitions.

The program is offered in-person at the Art Gallery of Nova Scotia for people living in the Halifax Regional Municipality. The program is dementia-friendly and focuses on fun, creativity and social interaction among participants! No prior experience in art is required to attend the program.

The program at the Art Gallery of Nova Scotia involves a guided gallery tour of selected art followed by an interactive and accessible guided art-making session led by the artist.

Eligibility

The program is for care partners and people living with dementia to attend together. Both people are required to be present during each session. Generally, participants should have an interest in learning about art and experimenting with art making in a group setting.



Monthly Sessions:

Last Sunday of the month
1:00-3:00 PM

at the Art Gallery of Nova Scotia
Registration includes all four sessions.

- February 22
- March 29
- April 26
- May 31

DELIGHT - Dementia Lifestyle Intervention for Getting Healthy Together

The Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program promotes health and well-being for people living with dementia and care partners through exercise, healthy eating, and strategies to live well.

Each session offers 45-50 minutes of physical activity led by a certified fitness instructor, followed by a 30 minute education/social session facilitated by an Alzheimer Society of Nova Scotia staff member.

Participants meet twice a week for eight weeks. This pilot program is funded by the Public Health Agency of Canada and is in Partnership with Canada Games Centre, the University of Waterloo and the Schlegel-UW Research Institute for Aging (RIA).

Sessions:

DELIGHT is currently offered in Halifax.

Tuesdays and Thursdays

January 22 - March 19

10:00-11:30 AM

Canada Games Centre

****This program is currently full. Please call us to be added to the waitlist.****



The DELIGHT Program was developed by Laura Middleton, Carrie McAiney, Heather Keller, and the DELIGHT research and co-design teams. The University of Waterloo and the Schlegel-UW Research Institute for Aging are supporting the implementation of the DELIGHT program in communities across Canada. Production of this project has been made possible through funding from the Public Health Agency of Canada (PHAC) and the Canadian Consortium on Neurodegeneration in Aging (CCNA). The views expressed herein do not necessarily represent the view of the Public Health Agency of Canada.

First Link® Referrals

Making a First Link® referral

The First Link® referral program provides an opportunity for healthcare providers and professionals to refer people with dementia and their families to the Alzheimer Society for education, resources, navigation, and intentional follow-up support. This direct referral helps to avoid crisis as it means we connect to families up to 11 months sooner than those who self-refer.*

If you are a healthcare professional or community service provider:

- Download and fill out our [electronic First Link® Referral Form](#)
- Obtain verbal or signed consent from the client/patient
- Fax or email it to the Alzheimer Society of Nova Scotia

Within three weeks, we will make an initial attempt to contact referred clients to offer tailored education, information and ongoing support.

How does First Link® work?

When your patient/client gives you permission to share their information with Alzheimer Society staff, we will contact them directly, within three weeks of referral. More urgent referrals are possible.

Clients of the First Link® program benefit from improved navigation, coordination, and follow up of services available throughout the course of the disease. First Link® promotes the inclusion of people with dementia in decision making and self-advocacy in all issues affecting them. Care partners benefit from lower stress and crisis prevention. For health care professionals, First Link® means fewer office and hospital visits related to preventable issues.

To learn more about becoming a referral partner, call 1-800-611-6345.

*'Throwing a lifeline': the role of First Link® in enhancing support for individuals with dementia and their caregivers. Carrie A McAiney (2012).

U-First!® for Healthcare

U-First!® for Healthcare is a training program that helps non-registered healthcare providers develop a common knowledge base, language, values and approach to caring for people with Alzheimer's disease and cognitive impairment by understanding the person and associated behaviour changes, and working as a team to develop individualized support strategies.

Designed for those who work with people living with dementia in either long-term care or home support, this program provides new ideas on how to support people with behaviour changes related to dementia and helps develop new skills to feel more confident in your interactions with people living with dementia.

Each year, the Alzheimer Society of Nova Scotia, in partnership with Behaviour Resource Consultants from Nova Scotia Health, trains 320 healthcare providers across Nova Scotia. This takes place in the form of co-facilitating this free, one-day training session.

Eligibility

To participate in this training you must work in either a government-funded long-term care facility or home support agency.

Visit our website or call the Dementia Helpline for more information on upcoming sessions.



Public Education



The Alzheimer Society offers numerous public education opportunities free of charge:

- Customized education sessions on various dementia-related topics to groups and organizations throughout the province, both in-person and virtually.
- January Awareness Month offers opportunities for the public to learn more about dementia through media campaigns and special events.
- AlzEducate is an online education series on various topics related to dementia. Offered four times per year, AlzEd sessions are recorded and can be accessed [on our YouTube channel](#).
- Information booths are available for your conference or health promotion event.

Email education@asns.ca to book your education session today!

Upcoming Education Sessions:

Alzed: Online Education

Grief and Dementia

Tuesday, February 24, 2026

1:30-2:30 PM

Follow us on social media and our e-newsletter for registration!

Finding Meaningful Connections in Life with Dementia

An event for people living with dementia and a care partner or friend. Join us to hear how others are living well with dementia.



**Wednesday, April 1, 2026
Fairbanks Interpretive Centre
54 Locks Road, Dartmouth**



- Registration at 10:00 AM
- Event begins at 10:30 AM
- Light lunch from 12:00-1:00 PM
- Optional walk with NS Walks at 1:00 with tea and coffee offered until 2:30!

Call 902-422-7961 to register



Did you know?

All of our Programs and Services are offered free of charge thanks to our government partners and generous donors.

Every dollar helps advance our mission of providing Help for Today and Hope for Tomorrow.



We acknowledge we are in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq Nation. We are all treaty people.

The Alzheimer Society is committed to undertaking work to create collaborative and respectful relationships. Together our goal is to identify and develop tools that align with the beliefs and needs of Indigenous, African Nova Scotian, Acadian, and all equity-deserving communities across our province.

We are committed to walk as community members and allies in the elimination of racism and discrimination from health care and across society.

To read more about this work, visit alzheimer.ca/ns/idea.

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