

Société Alzheimer Society



GUIDE TO OUR PROGRAMS & SERVICES

GREATER SUDBURY

Espanola & Manitoulin Island

JULY - AUGUST 2025



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WELCOME

At the Société Alzheimer Society of Sudbury-Manitoulin, North Bay & Districts, our dedicated staff and volunteers are committed to delivering the highest quality programs and services.

These are designed to support persons living with dementia and their care partners, enabling them to thrive within their community. Our programs and services are available to people of all ages affected by dementia, as well as to care partners, families, friends and all those who are providing support.

In addition, we offer various awareness programs open to the general public. If you have any questions after reviewing this guide, please don't hesitate to contact us.

CONTACT US



Sudbury Office

Address: 960B Notre Dame Ave. Sudbury, ON P3A 2T4
Telephone: (705) 560-0603 or Toll-free : (800) 407-6369
Fax: (705) 560-6938

Email: info@alzheimersudbury.ca

Operating Hours: Monday to Friday, 8:30 a.m. - 4:30 p.m



North Bay Office

Address: 140 King St. W. North Bay, ON P1B 5Z7
Telephone: (705) 495-4342 or Toll-free : (800) 407-6369
Fax: (705) 495-0329

Email: info@alzheimernorthbay.com

Operating Hours: Monday to Friday, 8:30 a.m. - 4:30 p.m

SOCIAL MEDIA

 [@Alzheimersmnbd](https://www.facebook.com/Alzheimersmnbd)

 [@Alzheimersmnbd](https://www.instagram.com/Alzheimersmnbd)

 [Linkedin.com/company/sassmnbd](https://www.linkedin.com/company/sassmnbd)

 [Youtube.com/@societealzheimersociety2717](https://www.youtube.com/@societealzheimersociety2717)

PROGRAMS & SERVICES

First Link® Care Navigation

First Link® Care Navigation connects you with essential health and support services from the time of diagnosis throughout the entire progression of the disease. If interested, please contact us to complete a referral form. If you are already a client, please speak to your First Link® Care Navigator.

Eligibility: Persons living with dementia or their care partners.

Cognitive Assessments

Cognitive assessments are conducted by regulated professionals, either in your home or at our office.

The results are then shared with your healthcare provider for further guidance.

Eligibility: A referral from your primary physician or nurse practitioner is required.

Public Education

Our Public Education initiatives are entirely free of charge, offering a wide range of opportunities including informative presentations, comprehensive trainings, immersive simulations, and educational booths. To request an educational session, please contact us for an education request form.

Dementia Learning Series

This 4-week educational series is designed for those interested in learning more about dementia, effective communication strategies, behavioural changes, and more.

Support Groups

Our support groups provide a platform for families and individuals living with dementia to share personal experiences, expand their social network, and enhance feelings of self-worth and control.

PROGRAMS & SERVICES

Health Promotion Programs

We offer a variety of health promotion programs within the community that support physical, cognitive, and emotional well-being for individuals living with dementia and their care partners.

Friendship Circle

This group offers a way for persons living with dementia, their care partners, family and friends to socialize, develop friendships and share their experiences from their dementia journey all while enjoying activities in the community.

Adult Day Programs

Our Adult Day Programs, also known as the **Health Bistros**, provide a welcoming and secure environment for persons living with dementia, fostering compassion, a sense of security, and opportunities to embrace life while preserving dignity.

Locations: Sudbury | North Bay | Sturgeon Falls | Espanola | Powassan

If interested, please contact us to complete a referral form. If you are already a client, please speak to your First Link® Care Navigator.

In-Home Activation Programs

Our In-Home Activation programs are designed to support persons living with dementia by encouraging personal interests and recreational activities within the comfort of their own home.

If interested, please contact us to complete a referral form. If you are already a client, please speak to your First Link® Care Navigator.

Enhancing Care for Ontario Care Partners Program


In collaboration with the Sinai Health System Reitman Centre, the Enhancing Care (EC) Program provides therapeutic skills training to family members or unpaid care partners of persons living with dementia. This program offers practical skill-building and emotional support to help care partners manage the stresses and complexities of caregiving.



EDUCATION

Dementia Learning Series

This free 4-week dementia learning series is 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.

 To **register** for any of the following groups, please contact us via email at **education@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the group (and location) you wish to register for.

MANITOULIN ISLAND | IN-PERSON

July Dementia Learning Series

July 8, 15, 22, 29 (Tuesdays)

10:00am - 12:00pm

Council Chambers, 6020 ON-542, Mindemoya

ESPANOLA | IN-PERSON

August Dementia Learning Series

August 1, 8, 15, 22 (Fridays)

3:00pm - 5:00pm

Espanola Public Library, 245 Avery Dr, Espanola

SUDBURY | IN-PERSON

August Dementia Learning Series

August 5, 12, 19, 26 (Tuesdays)

6:00pm - 8:00pm


Alzheimer Society, 960B Notre Dame Ave, Sudbury



SUPPORT GROUPS

Care partner support groups

Tailored specifically for care partners and families, these groups provide a space to connect with others navigating the complexities of the dementia journey. These gatherings serve as valuable platforms for sharing experiences, offering mutual support, and collectively learning from the diverse perspectives within our community.

 To **register** for any of the following groups, please contact us via email at **education@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the group (and location) you wish to register for.

*The star symbol indicates that some session dates have been adjusted to account for holidays and special events.

SUDBURY | IN-PERSON

Care Partner Support Group 1 - Daytime

July 8 and August 12

10:00am to 12:00pm

Alzheimer Society, 960B Notre Dame Avenue, Sudbury

Care Partner Support Group 2 - Daytime

July 15 and August 19

10:00am to 12:00pm

Alzheimer Society, 960B Notre Dame Avenue, Sudbury

Care Partner Support Group 3 - Evening

July 31 and August 28

6:00pm to 8:00pm

Alzheimer Society, 960B Notre Dame Avenue, Sudbury



SUPPORT GROUPS

Care Partner Support Groups

 **ALL SITES | VIRTUAL**

Virtual Care Partner Support Group

August 13


2:00pm to 4:00pm

Video Call - Enter the following URL: <https://us02web.zoom.us/j/81884018385>



Coffee Club Support Groups

Created for persons living with dementia (PLWD), their care partners and families. In the initial segment of the support group, participants come together for shared discussions. However, the second half of the session is dedicated to separate meetings for care partners and PLWD. This unique format allows for focused conversations where care partners and PLWD can openly express their feelings, share triumphs, and discuss challenges on an individual basis.

 To **register** for any of the following groups, please contact us via email at **education@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the group (and location) you wish to register for.

 **SUDBURY | IN-PERSON**

Coffee Club Support Group

July 17 and August 21

6:00pm to 8:00pm


Alzheimer Society, 960B Notre Dame Avenue, Sudbury



HEALTH PROMOTION

Minds in Motion®

Minds in Motion® is an 8-week program that combines gentle physical activity with social and cognitive stimulation for people living with dementia and their care partners. Each two-hour weekly session offers a chance to stay active, engage in fun activities, and build connections with others facing similar challenges.

 To **register** for any of the following groups, please contact us via email at **healthpromotion@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the group (and location) you wish to register for.

*The star symbol indicates that some session dates have been adjusted to account for holidays and special events.

SUDBURY | IN-PERSON

Minds in Motion - Parkside

July 3, 10, 17, 24, 31, August 7, 14, 21 (Thursdays)

2:30pm to 4:30pm

Parkside Older Adult Centre, 140 Durham St, Sudbury

Minds in Motion - New Sudbury Public Library

July 7, 14, 21, 28, August 11, 18, 25 (Mondays)

2:00pm to 4:00pm


New Sudbury Public Library, 1346 Lasalle Blvd, Sudbury





HEALTH PROMOTION Friendship Circle

This group offers a way for persons living with dementia, their care partners, family and friends to socialize, develop friendships and share their experiences from their dementia journey all while enjoying activities in the community.

 **To register** for any of the following groups, please contact us via email at **healthpromotion@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the group (and location) you wish to register for.

SUDBURY | IN-PERSON

Strawberry Picking

Date: TBD, in July

Time: TBD

Location: TBD

William Ramsey Boat Cruise

Date: TBD, in August

Time: TBD

Location: Dock by Science North, 100 Ramsey Lake Rd, Sudbury





HEALTH PROMOTION

Additional Programs

Pole Walking

 **SUDBURY | IN-PERSON**

July Pole Walking

July 2, 9, 16, 23

11:00am-12:00pm

Bell Park, Paris St, Sudbury

Exercise & Game Time

 **ALL SITES | VIRTUAL**

Every Tuesday

1:30pm to 2:30pm

Video Call - Enter the following

URL: <https://us02web.zoom.us/j/7290539028>





HEALTH PROMOTION

Additional Programs

The Music Project



The Music Project offers personalized music players to our clients and community members living with dementia.

This program helps reconnect them with the soundtrack of their lives by providing MP3 players loaded with personalized music tailored specifically for those living with dementia or other cognitive impairments.

Each music player is shipped directly to their doorstep, making it easy and accessible for everyone.

To learn more about eligibility criteria, please visit musicproject.ca or speak with your First Link Care Navigator.

Société Alzheimer Society

*Empower persons living with dementia and their care partners
to access essential programs and services offered by the
Alzheimer's Society of Sudbury-Manitoulin North Bay & Districts.*

Scan the QR code below to donate today!



**Learn more at
www.alzheimersudbury.ca**