






Group & Description	Dates	Time	Location
<p>Coffee Club Support Group</p> <p>This monthly support group is for persons living with dementia (early stages) and their care partners to attend together. The 1st hour is combined and the 2nd hour, care partners and PLWD meet separately.</p> <p> Registration Required</p>	<p>3rd Thursday of the month:</p> <p>July 18 August 15 September 19</p>	<p></p> <p>6:00pm - 8:00pm</p>	
<p>Care Partner Support Group</p> <p>These groups are for care partners, family members and friends who meet monthly to share, support and learn with others who are living the dementia journey.</p> <p> Registration Required</p>	<p>Group 1</p> <p>2nd Tuesday of the month:</p> <p>July 9 August 13 September 10</p>	<p></p> <p>10:00am - 12:00pm</p>	<p>Alzheimer Society 960B Notre Dame Ave Sudbury</p>
	<p>Group 2</p> <p>Last Thursday of the month:</p> <p>July 25 August 29 September 26</p>	<p></p> <p>6:00pm - 8:00pm</p>	







To learn more or to register, please contact us

Telephone (Toll Free):
1-800-407-6369

Email:
info@alzheimersudbury.ca



In-Person Summer 2024 Schedule **SUDBURY**

Group & Description	Dates	Time	Location
<p>Dementia Learning Series 4-week education series 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.</p> <p> Registration Required</p>	<p>July 4, 11, 18 & 25 (Thursdays)</p>	<p> 10:00am - 12:00pm</p>	<p>Main Public Library 74 Mackenzie Street, Sudbury</p>
<p>Minds in Motion An 8-week program that combines physical activity with social and cognitive stimulation for persons living with dementia and their care partners.</p> <p> Registration Required</p>	<p>Group 1 July 4, 11, 18, 25, August 1, 8, 15, & 22 (Thursdays)</p>	<p> 2:30pm - 4:30pm</p>	<p>Parkside Centre 140 Durham Street Sudbury</p>
	<p>Group 2 September 5, 12, 19, 26, October 3, 10, 17 & 24 (Thursdays)</p>	<p> 2:30pm - 4:30pm</p>	<p>Parkside Centre 140 Durham Street Sudbury</p>
	<p>Group 3 September 9, 16, 23, 30 ★ October 7, 21, 28 & November 4 (Mondays)</p>	<p> 2:00pm - 4:00pm</p>	<p>Legion Hall 1553 Weller Street Sudbury</p>

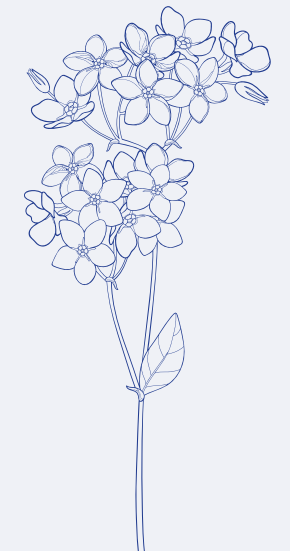
EDUCATION

HEALTH PROMOTION

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★Some session dates have been modified to accommodate holidays and special events.

Group & Description	Dates	Time	Location
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SUPPORT GROUPS

<p>Care Partner Support Group This group is for care partners, family members and friends who meet virtually each month to share, support and learn with others who are living the dementia journey.</p>	<p>2nd Wednesday of the month: July 10 August 14 September 11</p>	<p> 2:00pm - 4:00pm</p>	<p>Video call - Zoom https://us02web.zoom.us/j/81884018385 </p>
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HEALTH PROMOTION

<p>Exercise & Game Time An ongoing program that combines physical activity with social and cognitive stimulation for persons living with dementia and their care partners.</p>	<p>Every Tuesday</p>	<p> 1:30pm - 2:30pm</p>	<p>Video call - Zoom https://us02web.zoom.us/j/7290539028 </p>
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To learn more about zoom and how to join our virtual programs, please contact us.