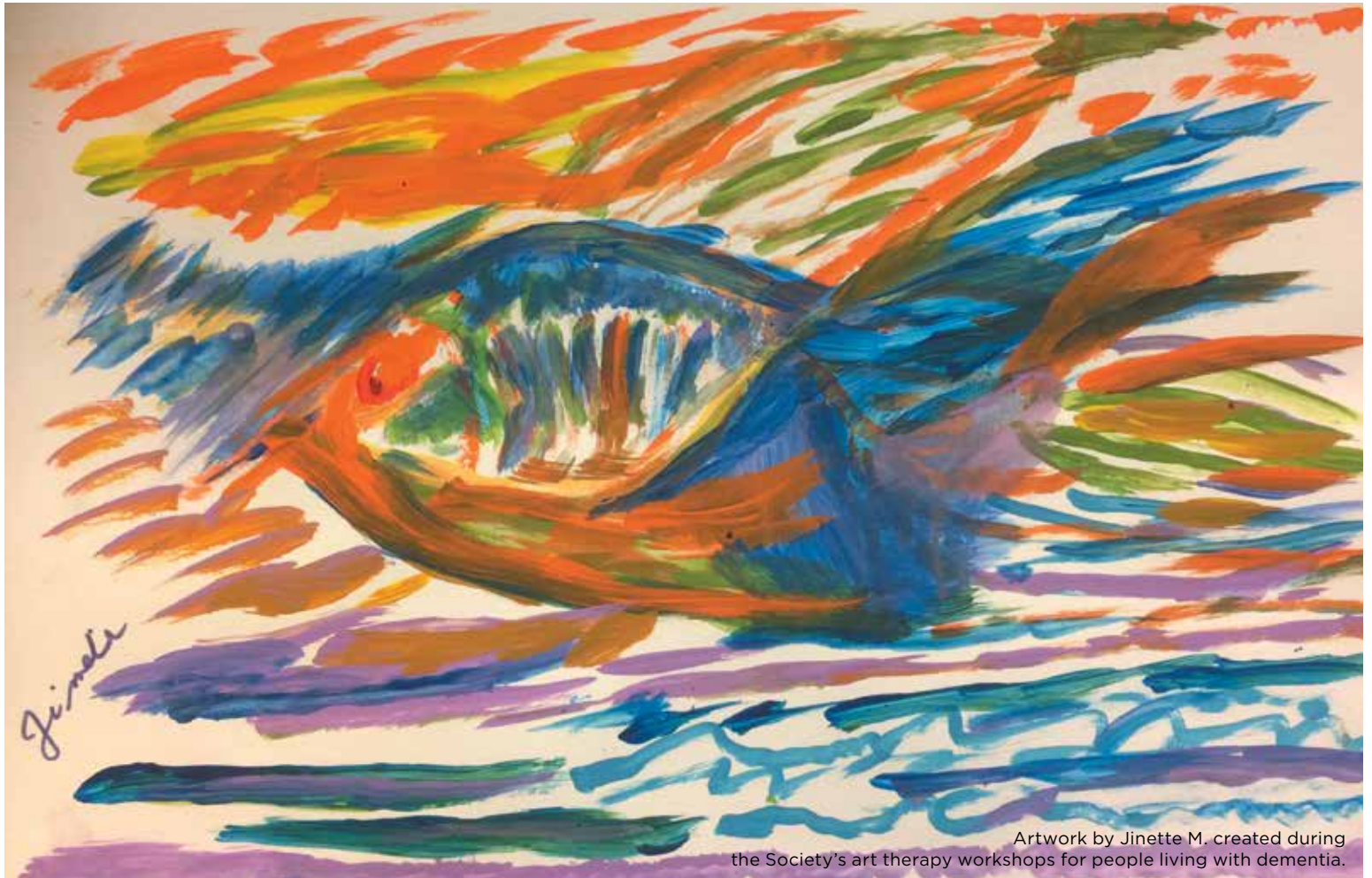


Alzheimer Society

MONTREAL

SPRING-SUMMER PROGRAM

APRIL TO AUGUST 2019



Artwork by Jinette M. created during the Society's art therapy workshops for people living with dementia.

*Our professional counsellors are here to listen to you
and guide you towards services and
resources in your community.
Contact us!*

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Alzheimer Society of Montreal

Alzheimer Service Centre
4505 Notre-Dame Street West, Montreal
514-369-0800 | info@alzheimermontreal.ca

Opening Hours

Spring | Monday to Friday 9 a.m to 5 p.m.
Summer | Monday to Thursday 8:30 a.m. to 5 p.m.
Friday 8:30 a.m. to 12 p.m.

SERVICES FOR CAREGIVERS

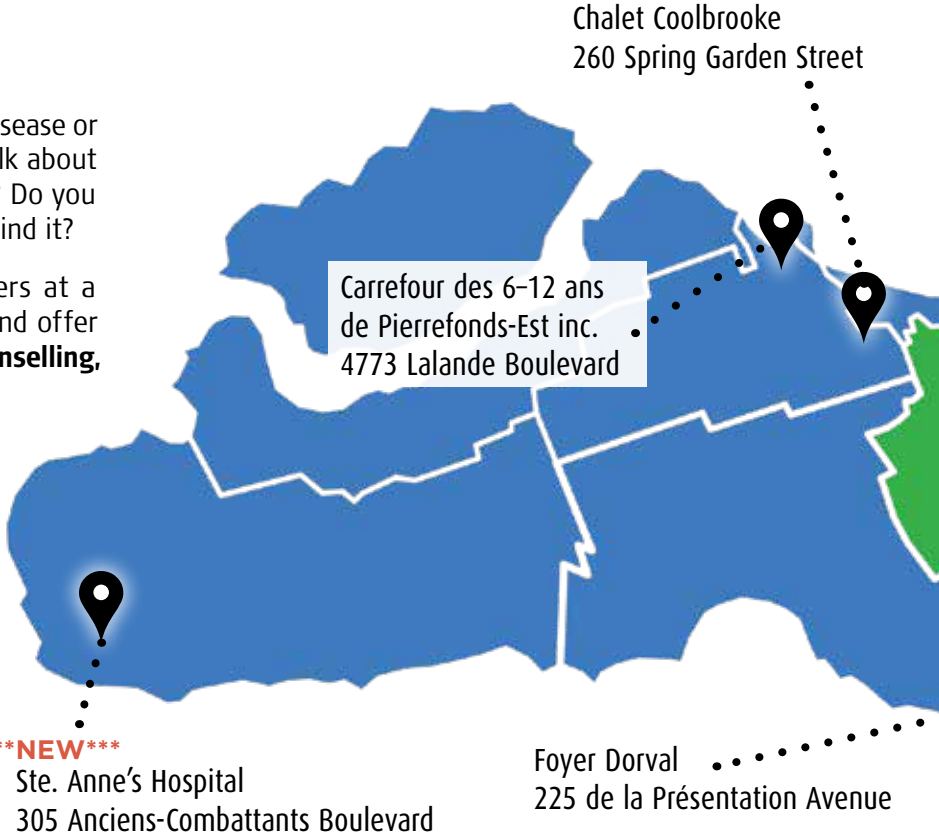


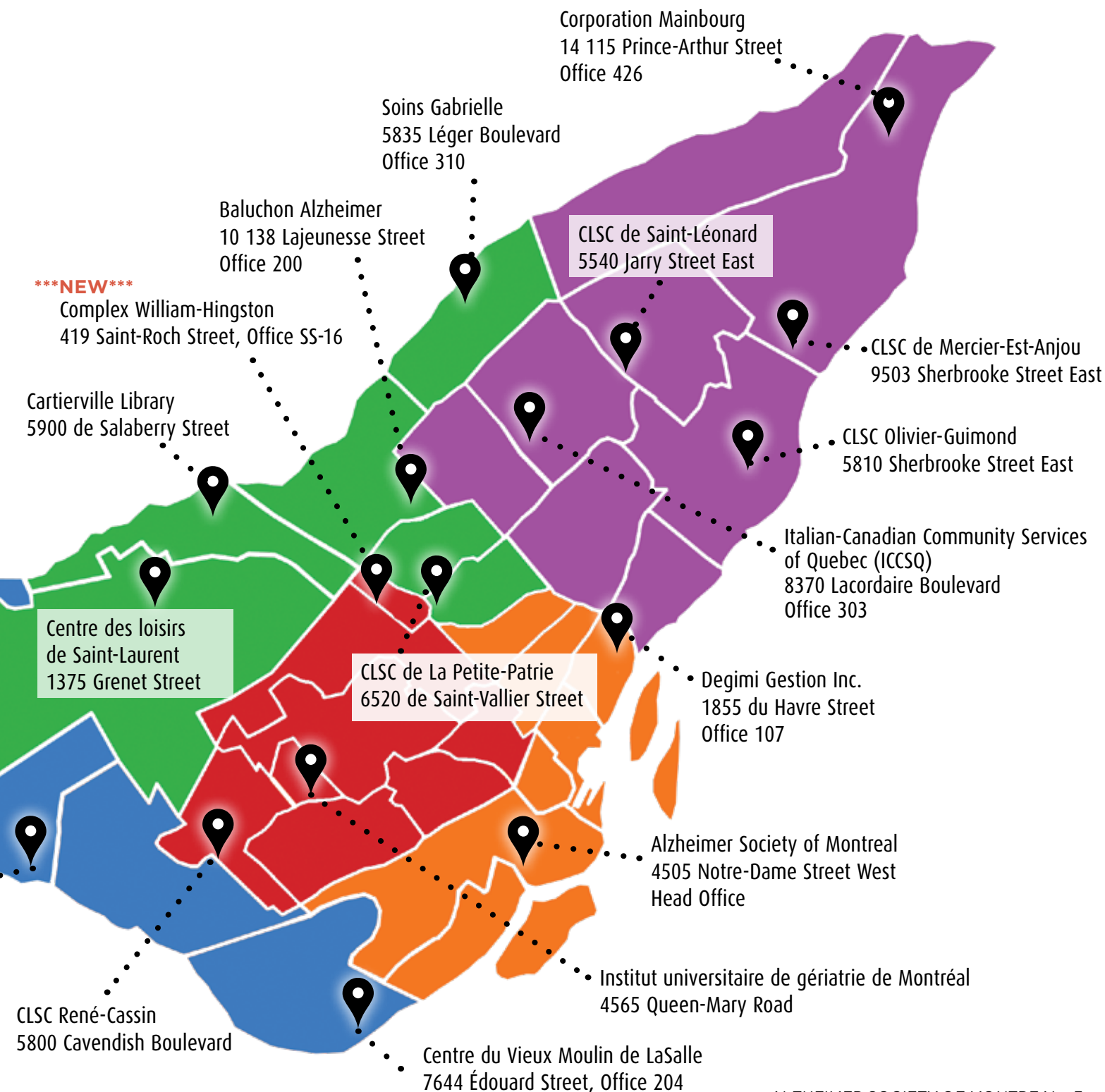
THE COUNSELLING-NETWORK

Do you care for someone living with Alzheimer's disease or a related form of dementia? Would you like to talk about your situation and the challenges you are facing? Do you need support and want to know where you can find it?

Our counsellors are available to meet caregivers at a number of service points throughout Montreal and offer the following services: **free and confidential counselling, information, resources, and support.**

To discuss your situation and make an appointment:
514-369-0800
info@alzheimermontreal.ca





SERVICES FOR CAREGIVERS

CONFERENCE

FINANCIAL PLANNING AND DEMENTIA



Part 1 — ENGLISH
Financial Considerations when Dealing with Dementia

CARLO GAGLIARDI
Financial Planner
Associate Portfolio Manager



Part 2 — ENGLISH
Power of Attorney, Mandate in Case of Incapacity, Advanced Medical Directives: Differences and Usefulness

ME HÉLÈNE GUAY, BCL, LL.M
Attorney in Health Law,
Persons and Elders' Law

Wednesday, May 15, 2019
6 to 7:15 p.m. — FREE

The conference will be followed by a question period.

Alzheimer Society of Montreal

4505 Notre-Dame Street West,
Montreal

For information and to register:
514-369-0800
info@alzheimermontreal.ca

Join us on
 **Huddol™**

I care for someone with **Alzheimer's**

- Connect with our team of health care professionals.
- Meet other caregivers.
- Benefit from up-to-date information about dementia.
- Access resources and find support.

www.huddol.com/join/AlzMontreal



Alzheimer Montreal

#AlzMontreal

A space to share information, strategies, experiences, and concerns with others who are caring for someone with Alzheimer's disease or a related form of dementia.



Information: 514-369-0800
info@alzheimermontreal.ca

Registration required

CAREGIVER SUPPORT GROUPS

WHO are these groups for?

Family and friends of people living with Alzheimer's disease or a related form of dementia, long-distance caregivers included.

WHY join a support group?

- To access practical information and strategies to integrate into your daily life and that can help you plan for the future.
- To experience a reassuring environment, free from judgement, that allows for you to openly share what you are going through.
- To realize that you are not alone and that others are experiencing similar challenges.
- To make a connection with the Alzheimer Society of Montreal and a vast network of resources.

WHERE do the groups take place?

The groups take place in different locations across the island of Montreal at various times and dates. Additional groups may be formed according to the needs of participants.

WHO facilitates the groups?

A team of skilled and compassionate professionals facilitate our caregiver support groups.

HOW do I register or find out more?

Contact one of the Alzheimer Society of Montreal's counsellors:
514-369-0800 | info@alzheimermontreal.ca



The Alzheimer Society of Montreal's team of support group facilitators.



THE GROUPS FOLLOWED BY AN ASTERISK () ON PAGES 6 TO 9 ARE OFFERED SIMULTANEOUSLY WITH A GROUP FOR PEOPLE LIVING WITH DEMENTIA.*

COME WITH THE PERSON YOU CARE FOR AND GET THE SUPPORT YOU BOTH NEED!

SERVICES FOR CAREGIVERS

WEEKLY GROUPS

Weekly groups for caregivers are held year-round at various service points across the island of Montreal. The groups are offered in **English** or **French** and are led by our team of experienced facilitators. There are two types of weekly groups for caregivers: **information and support** and **meditation**.

INFORMATION AND SUPPORT — 8-WEEK GROUPS

This group meets once a week for 2 hours, over 8 weeks. It covers a variety of topics, including: an overview of Alzheimer's disease and related forms of dementia, various aspects of communication, understanding responsive behaviours, taking care of yourself as a caregiver, and the different community resources available in your area.

COST: \$60 for the 8-week session. It is not necessary to have already received services from the Alzheimer Society of Montreal to participate in this group.

CENTRE-WEST OF MONTREAL

Institut universitaire de gériatrie de Montréal | 4565 Queen-Mary Road

Tuesday | 6 to 8 p.m. | FRENCH

April 16 to June 4

WEST OF MONTREAL

CHSLD Bayview | 27 Lakeshore Road, Pointe-Claire

Thursday | 7 to 9 p.m. | ENGLISH

April 18 to June 6

Carrefour des 6-12 ans de Pierrefonds-Est | 4773 Lalande Boulevard

Friday | 10 a.m. to 12 p.m. | FRENCH

April 19 to June 7

NORTH OF MONTREAL

Cartierville Library | 5900 de Salaberry Street

Wednesday | 6 to 8 p.m. | FRENCH

April 17 to June 5

Centre de loisirs communautaires Lajeunesse | 7378 Lajeunesse Street

Tuesday | 6 to 8 p.m. | FRENCH

April 16 to June 4



IF YOU REQUIRE RESPITE SERVICES TO ATTEND A SUPPORT GROUP, CALL US AT 514-369-0800 TO DISCUSS YOUR SITUATION.



Information: 514-369-0800
info@alzheimermontreal.ca

Registration required

SUMMER SESSION — 8-WEEK GROUPS

CENTRE-SOUTH OF MONTREAL

Alzheimer Society of Montreal | 4505 Notre-Dame Street West

Thursday | 7 to 9 p.m. | FRENCH

July 11 to August 29

Thursday | 7 to 9 p.m. | ENGLISH

July 11 to August 29

WEST OF MONTREAL

CHSLD Bayview | 27 Lakeshore Road, Pointe-Claire

Thursday | 7 to 9 p.m. | ENGLISH

July 4 to August 22

EAST OF MONTREAL

CLSC Olivier-Guimond | 5810 Sherbrooke Street East

Tuesday | 7 to 9 p.m. | FRENCH

July 9 to August 27

INFORMATION AND SUPPORT — NEW 6-WEEK FORMAT

As a result of the feedback received from our participants, we are proud to launch this 6-week information and support group as a pilot project. This revised program will allow caregivers to receive all the necessary information to better understand the diagnosis and requirements of the person they are caring for, as well as their own needs. A shorter version of the program does not mean fewer tools, but rather an improved way of presenting them.

Register now, we look forward to hearing your thoughts!

COST: \$60 for the 6-week session. It is not necessary to have already received services from the Alzheimer Society of Montreal to participate in this group.

CENTRE-SOUTH OF MONTREAL

Alzheimer Society of Montreal | 4505 Notre-Dame Street West

Wednesday | 7 to 9 p.m. | FRENCH

April 17 to May 22

Wednesday | 1:30 to 3:30 p.m. | ENGLISH

April 17 to May 22*

*Offered simultaneously with a support group for people living with dementia.

EAST OF MONTREAL

CLSC Olivier-Guimond | 5810 Sherbrooke Street East

Tuesday | 7 to 9 p.m. | FRENCH

April 16 to May 21

CLSC de Saint-Léonard | 5540 Jarry Street East

Tuesday | 1:30 to 3:30 p.m. | FRENCH

April 23 to May 28

SERVICES FOR CAREGIVERS

MEDITATION (WEEKLY GROUPS)

Meditation helps to reduce stress, lower distress and exhaustion, and enhance our responses to challenging situations. Join us and replenish your energy stores!

COST: Participants are encouraged to make a donation to the Society. It is not necessary to have already received services from the Alzheimer Society of Montreal to participate in this group.

| EAST OF MONTREAL | |
|--|-------------------|
| CLSC Olivier-Guimond 5810 Sherbrooke Street East | |
| Wednesday 1:30 to 3 p.m. BILINGUAL | May 15 to June 12 |

MONTHLY GROUPS SUPPORT



REGISTRATION REQUIRED!

Once caregivers have completed a weekly information and support group, they are encouraged to join a monthly group to continue receiving peer support and share information. The topics discussed reflect the reality and needs articulated by the participants.

COST: \$60 from September to June. A weekly information and support group must be completed before joining a monthly group. It is possible to join a monthly group at any time (on a pro rata basis).

| CENTRE-SOUTH OF MONTREAL | | |
|--|--------------------------------------|---|
| Alzheimer Society of Montreal 4505 Notre-Dame Street West | | |
| 1 st Monday of the month | 4 th Monday of the month* | 1 st Thursday of the month** |
| 7 to 9 p.m. FRENCH | 1:30 to 3:30 p.m. FRENCH | 4 to 6 p.m. ENGLISH |
| * Offered simultaneously with a group for people living with dementia. | | |
| ** 2 groups offered during this time slot: 1 for caregivers of spouses, 1 for caregivers of parents. | | |

| EAST OF MONTREAL | |
|--|--|
| CLSC Olivier-Guimond 5810 Sherbrooke Street East | |
| 4 th Tuesday of the month | 3 rd Wednesday of the month |
| 1:30 to 3:30 p.m. FRENCH | 7 to 9 p.m. FRENCH |
| CLSC de Rivière-des-Prairies 8655 Perras Boulevard | |
| 2 nd Monday of the month | 7 to 9 p.m. ENGLISH |

| WEST OF MONTREAL | |
|--|--|
| CHSLD Bayview 27 Lakeshore Road, Pointe-Claire | |
| 1 st Monday of the month | 1 st Wednesday of the month |
| 7 to 9 p.m. ENGLISH | 7 to 9 p.m. ENGLISH |



Information: 514-369-0800
info@alzheimermontreal.ca

Registration required

MEDITATION

Our experienced group facilitator invites you to participate in a group discussion followed by 20 minutes of mindfulness meditation. As a group, you will explore how to find joy, peace, and tranquility in this sometimes-stressful life.

This group is for caregivers who are curious to discover mindfulness meditation. No previous experience is required.

COST: Participants are encouraged to make a donation to the Society. It is not necessary to have already received services from the Alzheimer Society of Montreal to participate in this group.

NORTH OF MONTREAL

CLSC de La Petite-Patrie | 6520 de Saint-Vallier Street

1st Thursday of the month

1:30 to 3 p.m. | BILINGUAL

BEREAVEMENT

Caregivers grieving the passing of the person they cared for are invited to join this group to discuss their grief and to share in the experiences of other participants.

This is an open group and regular attendance is not required; participants need only register by the Friday before each meeting between 9 a.m. and 12 p.m. A minimum of 5 participants is required to open a group and a maximum of 12 can register.

This group is led by a facilitator who is trained to accompany participants through the grieving process.

COST: \$6 per meeting or \$60 for the year. It is not necessary to have already received services from the Alzheimer Society of Montreal to participate in this group.

CENTRE-SOUTH OF MONTREAL

Alzheimer Society of Montreal | 4505 Notre-Dame Street West

1st Tuesday of the month

1:30 to 3:30 p.m. | BILINGUAL



SERVICES FOR PEOPLE LIVING WITH DEMENTIA

INDIVIDUAL CONSULTATIONS

Have you been diagnosed with Alzheimer's disease or a related form of dementia?

Would you like to talk about your situation and the challenges you are facing?

Do you need support and want to know where you can find it?

We are here to help you. For more information and to make an appointment:

514-369-0800 | info@alzheimermontreal.ca

INFORMATION AND SUPPORT GROUPS

These groups provide information about the following topics: Alzheimer's disease and related forms of dementia, strategies for autonomous living, navigating the health care network, and the resources available in the community.

COST: \$60 for the 6-week session.

CENTRE-SOUTH OF MONTREAL

Alzheimer Society of Montreal | 4505 Notre-Dame Street West

Wednesday | 1:30 to 3:30 p.m. | ENGLISH

April 17 to May 22

Offered simultaneously with a support group for caregivers.



Stephen M. and Michel D., participants in the Society's Monday Meet-Ups program, during a zootherapy activity.



Information: 514-369-0800
info@alzheimermontreal.ca

Registration required

MONDAY MEET-UPS

Every Monday afternoon, you are invited to join a group of people living with dementia to share in discussions, participate in physical activities, and stimulate your brain through cognitive exercises and other creative activities. This program is for people living with dementia who wish to join a social program, meet new people, and share enjoyable moments. Bring your lunch to eat with the group before the program.

COST: \$60 for the session.

CENTRE-SOUTH OF MONTREAL

Alzheimer Society of Montreal | 4505 Notre-Dame Street West

Monday | 1:30 to 3:30 p.m. | BILINGUAL

April to August

NB Summer break is from July 22 to August 11 inclusive.

ART THERAPY

Through this activity, people living with dementia have the opportunity to express themselves and enhance their well-being. The workshops provide meaning to the present moment and allow participants to maintain their dignity.

COST: \$60 for the session. No previous artistic experience is required.

CENTRE-SOUTH OF MONTREAL

Alzheimer Society of Montreal | 4505 Notre-Dame Street West

Monday | 10 a.m. to 12 p.m.

Thursday | 1:30 to 3:30 p.m.

Tuesday | 1:30 to 3:30 p.m.

Friday | 10 a.m. to 12 p.m.



Jürgen B., participant in the Alzheimer Society of Montreal's art therapy workshops.



Olive B., participant in the Society's art therapy workshops, with her artwork.

SERVICES FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CAREGIVERS

ACTIVITY CENTRES

The Alzheimer Society of Montreal currently operates in three activity centres located in Ahuntsic, Lachine, and Westmount. Each centre employs qualified staff and volunteers who possess the knowledge and experience to meet the individual needs of participants and reassure family members. The activity centres provide caregivers and families with a few hours of respite on Saturdays, while also offering stimulating activities to their participants living with dementia. There is a service fee of \$20 per Saturday.



PLACES ARE AVAILABLE IN OUR THREE ACTIVITY CENTRES!

AN ASSESSMENT IS REQUIRED TO BEST MEET THE NEEDS OF THE PERSON LIVING WITH DEMENTIA.



Participants at the Westmount activity centre enjoying some games and puzzles.



Zootherapy activity with Nathalie R.

IN-HOME RESPITE AND STIMULATION PROGRAM

Qualified professionals provide caregivers with a planned period of respite, varying from 2 to 4 hours per week. This service provides stimulating, therapeutic, and socially engaging experiences to its participants living with dementia in a reassuring setting. Fees are based on a sliding scale and determined according to revenue.

FINANÇÉ PAR

L'APPU POUR LES PROCHES AIDANTS D'AINÉS
MONTREAL

lappumontreal.org



The In-Home Respite and Stimulation Team.



Cooking activity at the Westmount activity centre.

SERVICES FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CAREGIVERS



ART LINKS

People living with dementia and their caregivers are invited each month to the Montreal Museum of Fine Arts for a guided tour and a creative workshop.

The Art Links program is a partnership between the Montreal Museum of Fine Arts *Sharing the Museum* program and the Alzheimer Society of Montreal.

COST: Free.

Montreal Museum of Fine Arts | 2200 Crescent Street

Friday | 2 to 4 p.m. | BILINGUAL

April 26, May 24, June 14



Guided tour of the Montreal Museum of Fine Arts.



Philippe P. and his daughter, Anne Marie, at Art Links.

REGISTRATION IS REQUIRED THE MONDAY BEFORE THE ACTIVITY, AT THE LATEST.

FOR INFORMATION AND TO REGISTER, CONTACT MARIE-SOLEIL BLANCHET, ART THERAPIST, 514-369-0800, EXT. 1104



TALES AND TRAVELS

People living with dementia and their caregivers are invited to discover different countries at this series of weekly workshops. The aim of the Tales and Travels program is to encourage interaction, conversation, and expression through travel-oriented discussions. Participants will explore each country by using books and objects, storytelling, listening to music, and other similar activities.

COST: Free for Library members. Registration is required.

Westmount Public Library | 4574 Sherbrooke Street West

Friday | 1 to 3 p.m. | BILINGUAL

May 17 to June 14

Please note that priority is given to Library members.
For information and to register, contact **Daniel Miguez at 514-983-5530.**

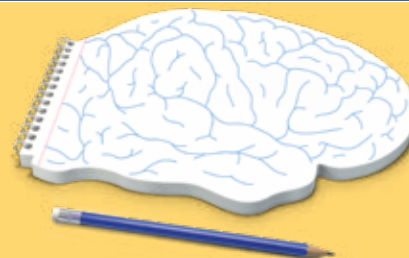


SERVICES FOR PROFESSIONALS AND ORGANIZATIONS

TRAININGS FOR HEALTH CARE PROFESSIONALS

Learning to Care Better

In partnership with the Federation of Quebec Alzheimer Societies, the Alzheimer Society of Montreal is proud to offer training for health care professionals.



| 30-HOUR | 12-HOUR | 9-HOUR |
|--|---|--|
| Caring for People with Alzheimer's Disease with Dignity and Professionalism. | Daily Care for People with Alzheimer's Disease. | Daily Care for People with Alzheimer's Disease (Responsive Behaviours - Advanced Training). |
| 6-HOUR | 15-HOUR | These trainings are accredited by: l'Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec and l'Ordre des infirmiers et infirmières auxiliaires du Québec. |
| Interacting with People with Alzheimer's Disease. | A Training Program Specially Designed for Administrators. | |

Trainings are available at a reduced rate for groups of 10 to 15 people with your choice of time and location. For more information, contact Teresa Anuza, Coordinator – Educational Services: 514-369-0800, Ext. 1211 | tanuza@alzheimermontreal.ca

FREE TRAININGS FOR ORGANIZATIONS FINANCED BY L'APPUI

18-HOUR PROGRAM FOR RESPITE WORKERS

This **free three-day training** is for professionals who work at not-for-profit organizations financed by l'Appui that provide respite services to caregivers of people living with Alzheimer's disease or a related form of dementia.

6-HOUR PROGRAM

This **free training** is for volunteers and administrative staff of not-for-profit organizations financed by l'Appui that provide respite services to caregivers of people living with Alzheimer's disease or a related form of dementia.

FINANCÉ PAR

L'APPUI POUR LES PROCHES AIDANTS D'ÂGÉS
MONTRÉAL

lappuimontreal.org

For more information, contact Teresa Anuza, Coordinator – Educational Services: 514-369-0800, Ext. 1211 | tanuza@alzheimermontreal.ca

WORKSHOPS FOR HEALTH CARE PROFESSIONALS

CORE TRAINING PROGRAM (4-HOUR MODULES)

| | |
|--|---|
| <p>MODULE 1 UNDERSTANDING ALZHEIMER'S DISEASE AND RELATED DISORDERS</p> <p>A clinical examination of the fundamentals of Alzheimer's disease, utilizing a person-centred approach.</p> | <p>MODULE 2 MEMORY'S FOOTPRINTS</p> <p>An interactive training focusing on understanding the life experiences of the person living with dementia.</p> |
| <p>MODULE 3 COMMUNICATION IN ACTION</p> <p>An examination of changes in communication and an introduction to techniques and strategies for improving the quality of life of people living with dementia.</p> | <p>MODULE 4 DAILY LIVING WITH ALZHEIMER'S DISEASE – ROUTINES AND ACTIVITIES</p> <p>A training focusing on strategies and interventions for meeting the specific needs of people living with dementia.</p> |

| CALENDAR 2019 | |
|------------------------------------|----------|
| Tuesday 8:30 a.m. to 12:30 p.m. | |
| FRENCH | |
| Module 1 | April 30 |
| Module 2 | May 14 |
| Module 3 | May 28 |
| Module 4 | June 11 |
| ENGLISH | |
| Module 1 | April 23 |
| Module 2 | May 7 |
| Module 3 | May 21 |
| Module 4 | June 4 |

\$240 for the 16-hour core training.

COST: \$60 per module.

Special group rates are available. A certificate is presented to participants upon completion of the initial 4 modules.

| |
|---|
| <p>MODULE 5 INTIMACY, SEXUALITY AND DEMENTIA</p> <p>An in-depth examination of how the human need for intimacy, love, and sexual expression may be affected by dementia.</p> <p>Please note that there are prerequisites for this workshop.</p> |
|---|



| CALENDAR – MODULE 5 | |
|---------------------|--------------------|
| 1 to 5 p.m. | |
| ENGLISH | FRENCH |
| Tuesday June 18 | Thursday June 20 |

For more information and to register for a training program, please contact **Teresa Anuza, Coordinator – Educational Services:**

514-369-0800, Ext. 1211 | tanuza@alzheimermontreal.ca

SERVICES FOR PROFESSIONALS AND ORGANIZATIONS

PUBLIC CONFERENCES

*The Alzheimer Society of Montreal offers **free conferences** to groups of 15 or more people from not-for-profit organizations.**

The conferences last for approximately 1 hour, including a question period.

* A minimal fee is required from private organizations.

CONFERENCE 1 **DEMISTIFYING ALZHEIMER'S DISEASE AND RELATED DISORDERS**

This conference covers common questions about: memory loss, Alzheimer's disease and related forms of dementia, symptoms, diagnosis, the progression of the disease, risk factors, and prevention. The speaker reassures those in attendance about the difference between normal aging and Alzheimer's disease.

CONFERENCE 2 **AN INTRODUCTION TO ALZHEIMER'S DISEASE AND COMMUNICATION STRATEGIES**

This conference covers common questions about Alzheimer's disease and related forms of dementia as well as an introduction to strategies for responding to changes in communication and behaviour.

CONFERENCE 3 **VISITING SOMEONE WITH DEMENTIA - WHAT YOU SHOULD KNOW**

This conference covers common questions about Alzheimer's disease and related forms of dementia, as well as information about what to expect when visiting someone with Alzheimer's disease and practical ideas for spending time together.

CONFERENCE 4 **CARING FOR THE CAREGIVER**

This conference covers a short overview of Alzheimer's disease and related forms of dementia and is followed by a discussion about caregiving, ways to support the caregiver, and how to reduce some of the stress related to caregiving.

Family and friends are encouraged to attend.

CONFERENCE 5 **AMBIGUOUS LOSS**

The issue of loss and grief is one of the most significant that arises when supporting people with Alzheimer's disease or a related form of dementia. Ambiguous loss is different from the loss and grief of death because closure is not possible and grief cannot be fully resolved while the person with dementia is alive. Fortunately, understanding loss and grief can ease the effects of the disease.

4505 Notre-Dame Street West, Montreal, Quebec H4C 1S3
514-369-0800 | www.alzheimermontreal.ca | info@alzheimermontreal.ca

Alzheimer Society
M O N T R E A L



SPRING PROGRAM
APRIL TO JUNE 2019

? Information: 514-369-0800
info@alzheimermontreal.ca
Registration is not required

ALZHEIMER CAFÉ CALENDAR – ALL ARE WELCOME!

CENTRE-SOUTH OF MONTREAL – Les Petits Frères | FRENCH

2nd Wednesday of the month | 1 to 3 p.m. | 4624 Garnier Street
Mont-Royal and Laurier metro stations

| | |
|----------|---|
| APRIL 10 | Caregiver Testimonial: Communicating Sincerely with my Partner Living with Dementia Presented by Rose-Marie Gautier, caregiver. |
| MAY 8 | Independent Living Solutions for Seniors: an Interesting Option for Caregivers Presented by Véronic Poirier, Sales and Marketing Manager at Retirement Concepts - Manoir de Casson, special care counsellor and professional home economist at the Université de Moncton. |
| JUNE 12 | Let's Talk about Dementia Presented by Jacinthe Duval, counsellor at the Alzheimer Society of Montreal. |

EAST OF MONTREAL – Langelier Library | FRENCH

3rd Friday of the month | 1:30 to 3:30 p.m. | 6473 Sherbrooke Street East
Buses 33 (West), 185 (West) or 197 (West) – Langelier metro station

| | |
|----------|---|
| APRIL 19 | Caregiver Burnout: Prevention, Signs, and Finding Support Presented by Melanie Levy, BSc, MSc, MSW student at McGill University and intern at the Alzheimer Society of Montreal. |
| MAY 17 | Transitioning to Long-Term Care: What to Keep in Mind Presented by Sylvie Riopel, Community Partnership Coordinator at the Regroupement des aidantes et aidants naturels de Montréal (RAANM). |
| JUNE 21 | Preventing Elder Abuse Presented by Me Hélène Guay, BCL, LL.M. |

CENTRE-WEST OF MONTREAL – Atwater Library and Computer Centre | ENGLISH

3rd Tuesday of the month | 1 to 3 p.m. | 1200 Atwater Avenue
Atwater metro station

| | |
|----------|--|
| APRIL 16 | Grief: the Obscure Companion of Dementia Presented by Jessica Seidman, Coordinator – Clinical Services at the Alzheimer Society of Montreal. |
| MAY 21 | Caregiving as a Team: Family Dynamics and the Caregiver Experience Presented by Francine Cytrynbaum MSW, special care counselling teacher, Vanier College, trainer and support group facilitator, Alzheimer Society of Montreal. |
| JUNE 18 | The Joy of Breathwork and Movement for Health and Well-Being Presented by Amrita Choudhury, instructor and dance therapist at E.N.C.O.R.E for Seniors. |

SERVICES FOR ALL



SPRING PROGRAM
APRIL TO JUNE 2019



Information: 514-369-0800
info@alzheimermontreal.ca

Registration is not required

ALZHEIMER CAFÉ CALENDAR – ALL ARE WELCOME!

NORTH OF MONTREAL – Ahunatic Library | FRENCH

Wednesday | 7 to 9 p.m. | 10300 Lajeunesse Street

Bus 31 (South) – Henri-Bourassa metro station or Buses 140 (East) or 180 (West) – Sauvé metro station.

| | |
|----------|--|
| APRIL 24 | The Role of Caregiver and its Impacts Presented by Jessica Smith, Coordinator – Support to Family Caregivers Program at the YWCA Montreal. |
| MAY 15 | Leaving a Legacy: How to Write Your Autobiography Presented by Nancy Mbatkia, author and speaker. |

NORTH OF MONTREAL – Cartierville Library | FRENCH

Last Tuesday of the month | 1 to 3 p.m. | 5900 de Salaberry Street

Bus 69 (Serres/Grenet) – Henri-Bourassa metro station

| | |
|----------|--|
| APRIL 30 | Managing Stress and Anxiety Presented by Franca Turco, counsellor at the YWCA Montreal. |
| MAY 28 | The Role of Drugs in the Management of Major Neurocognitive Disorders Presented by Alexandre Lahaie, pharmacist, M.Sc., CIUSSS Centre-Sud-de-l'île-de-Montréal, Hôpital de Verdun, GMFU des Faubourgs, Special Projects Coordinator at the IUGM. |

NORTH OF MONTREAL – Yves-Ryan Library | FRENCH

2nd Thursday of the month | 1:30 to 3:30 p.m. | 4740 de Charleroi Street

Buses 48 (East) or 469 (East) – Henri-Bourassa metro station

| | |
|----------|--|
| APRIL 11 | The Role of Drugs in the Management of Major Neurocognitive Disorders Presented by Alexandre Lahaie, pharmacist, M.Sc., CIUSSS Centre-Sud-de-l'île-de-Montréal, Hôpital de Verdun, GMFU des Faubourgs, Special Projects Coordinator at the IUGM. |
| MAY 9 | Using our Dreams to Improve our Well-Being Presented by Franca Turco, counsellor at the YWCA Montreal |
| JUNE 13 | The Benefits of Mindfulness Meditation Presented by Gilberte Fleischmann, caregiver meditation group facilitator at the Alzheimer Society of Montreal. |



SPRING PROGRAM
APRIL TO JUNE 2019

? Information: 514-369-0800
info@alzheimermontreal.ca
Registration is not required

ALZHEIMER CAFÉ CALENDAR – ALL ARE WELCOME!

WEST OF MONTREAL – Beaconsfield Library | ENGLISH

2nd Thursday of the month | 1 to 3 p.m. | 303 Beaconsfield Boulevard
Bus 200 (West) – Fairview terminus or Buses 211 (West) or 405 (West) – Lionel-Groulx metro station

| | |
|----------|--|
| APRIL 11 | Caregiver Burnout: Prevention, Signs, and Finding Support Presented by Melanie Levy, BSc, MSc, MSW student at McGill University and intern at the Alzheimer Society of Montreal. |
| MAY 9 | Parkinson's and Dementia Presented by Danielle Blain, Regional Director – Quebec, Parkinson Canada. |
| JUNE 13 | The Challenges of Communication Presented by Liliana Ponce De Leon, counsellor for the Alzheimer Society of Montreal. |



Our professional counsellors are on hand to answer your questions at every Alzheimer Café.



An interactive workshop during one of our Alzheimer Cafés.



THANK YOU TO OUR
ALZHEIMER CAFÉ PARTNERS!

CONFERENCE, ANNUAL GENERAL MEETING, AND VERNISSAGE



Ambiguous Loss: Steps in the Journey of a Loving Caregiver

Clara C. Vernhas Breyne

Caregiver for her husband living with dementia

Thursday | June 13, 2019 | 4 to 5:30 p.m.

Presentation in French, questions in English and French

Alzheimer Society of Montreal

4505 Notre-Dame Street West, Montreal, H4C 1S3

Free — Space is limited

For information and to register:

514-369-0800 | info@alzheimermontreal.ca

This conference will be followed by:

5:30 p.m. | Annual General Meeting of the Society — **6 p.m.** | Vernissage **CREATIVE HEARTS**

CREATIVE HEARTS

VERNISSAGE of artwork created by participants in the Alzheimer Society of Montreal's art therapy program

THURSDAY, JUNE 13, AT 6 P.M.

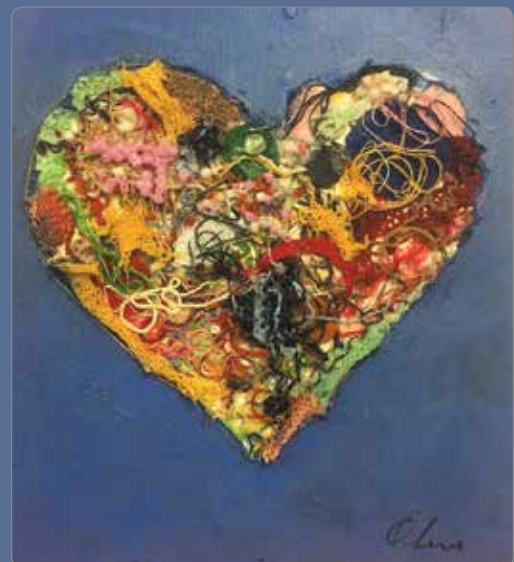
Alzheimer Society of Montreal

4505 Notre-Dame Street West, Montreal

Please confirm your attendance

info@alzheimermontreal.ca | 514-369-0800

Alzheimer Society
MONTREAL



Artwork by Olive B., created during the Society's art therapy workshops for people living with dementia.