

WINTER PROGRAM

JANUARY TO MARCH 2024



Artwork by Michel D., participant in the Alzheimer Society of Montreal art therapy sessions for people living with a neurocognitive disorder.

Alzheimer *Society*
MONTREAL

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CONTACT INFORMATION

Alzheimer Society of Montreal
4505 Notre-Dame Street West,
Montreal Quebec H4C 1S3
Telephone: 514-369-0800
www.alzheimermontreal.ca

OPENING HOURS

Monday to Friday,
9 a.m. to 5 p.m.

Our programs and services team remains available to assist you and offer support and information, either in person or remotely.

Need help using Zoom?

Contact us! Our team can help you out when you register!

514-369-0800
info@alzheimermontreal.ca

SERVICES FOR CAREGIVERS



Soutenu par



INTAKE AND REFERRALS AND THE COUNSELLING NETWORK

Helping someone with a neurocognitive disorder involves many challenges.

Our counsellors are available, even remotely, to offer free and confidential consultations to assess your needs and provide you with information, support and resources.

Please note that the Alzheimer Society of Montreal's intake and referral service will be closed between December 22 at noon, and January 3, 2024, 5 p.m. Back on January 4, 2024.



Counselling-Network's Points of Services

Baluchon long term respite	10138 Lajeunesse Street, Montreal, H3L 2E2
Centre du Vieux Moulin de Lasalle	7644 Édouard Street, Lasalle, H8P 1T3
CRC West Island	114 Donegani Ave, Pointe Claire, H9R 2V4
Dollard Seniors Club	12001 Salaberry Blvd, Dollard-des-Ormeaux, H9B 2A7
NEW GASO (Groupe des aidants du sud-ouest)	7475, Newman blvd, Montreal, H8N 2K3
Mainbourg Corporation	14115 Prince-Arthur Street, Montreal, H1A 1A8
Plateau Centre	2275 Saint-Joseph East Blvd, Montreal, H2H 1G4
René-Cassin CLSC	58000 Cavendish Blvd, Côte Saint-Luc, H4W 2T5
Sainte-Anne Hospital	305 Anciens-Combattants Blvd, Sainte-Anne-de-Bellevue, H9X 1Y9
The Teapot 50+ Centre	2901 Saint-Joseph Blvd, Lachine, H8S 4B7

Connect with a counsellor now:
514-369-0800 | info@alzheimermontreal.ca

FINANCÉ PAR



lappumontreal.org

SERVICES FOR CAREGIVERS

ABOUT SUPPORT GROUPS FOR CAREGIVERS

WHO should attend these groups?	Caregivers who are supporting a person living with a neurocognitive disorder at home or remotely.
WHO facilitates the groups?	Professional and qualified facilitators.
WHY join a support group?	<p>To join the Alzheimer Society of Montreal's network and access the available resources.</p> <p>To have a safe space where you can share your experiences without fear.</p> <p>To realize that you are not alone, and that other people are facing the same challenges as you.</p> <p>To better understand neurocognitive disorders and to learn new ways to deal with the most difficult aspects of caregiving.</p>
WHERE do the groups meet?	<p>Monthly group: Most people join on Zoom, although there is also an in-person option.</p> <p>Weekly groups meet in person and on Zoom.</p>
HOW to register for a group or learn about one.	<p>Contact us: 514-369-0800 info@alzheimermontreal.ca</p>

SERVICES FOR CAREGIVERS

WEEKLY GROUPS – SUPPORT AND INFORMATION

Throughout the year, weekly group sessions for caregivers are offered in French and English by our team of professional facilitators.

This group meets weekly for two hours over six weeks.

Topics include neurocognitive disorders, communication adaptation, understanding reactive behaviours, how to take care of yourself as a caregiver and the different community resources available in the area.

REGISTRATION REQUIRED.

COST: \$60 for a six-week session.

It's not necessary to have used a service of the Alzheimer Society of Montreal to participate in this group.

For more information or to register: 514-369-0800 | info@alzheimermontreal.ca

IN-PERSON GROUPS	
Alzheimer Society of Montreal — 4505, Notre-Dame Street West, Montreal	
FRENCH	ENGLISH
Friday, 2 to 4 p.m. January 26 to March 1st AND Monday 9:30 to 11:30 a.m. March 4 to April 15 (Easter break on April 1 st)	Monday 1:30 to 3:30 p.m. March 4 to April 15 (Easter break on April 1 st)

ONLINE GROUPS – ON ZOOM	
FRENCH	ENGLISH
Wednesday 9:30 to 11:30 a.m. January 17 to February 28 (Break on February 7 for the Colloquium) AND Tuesday 6:30 to 8:30 p.m. February 20 to March 26 AND Thursday 6:30 to 8:30 p.m. February 29 to April 4	Thursday 9:30 to 11:30 a.m. January 18 to February 22 AND Wednesday 1:30 to 3:30 p.m. March 6 to April 10

Please note that additional groups can be created if needed.

SERVICES FOR CAREGIVERS

MONTHLY SUPPORT GROUPS

After attending all the sessions of a weekly support and information group, caregivers are invited to join a monthly group to continue receiving peer support and share their experiences. The issues addressed reflect the realities and needs expressed by participants.

REGISTRATION REQUIRED.

COST: \$60

Period from September 2023 to June 2024.

Groups may be joined throughout the year (cost calculated according to start date).

For more information or to register: 514-369-0800 | info@alzheimermontreal.ca



SERVICES FOR CAREGIVERS



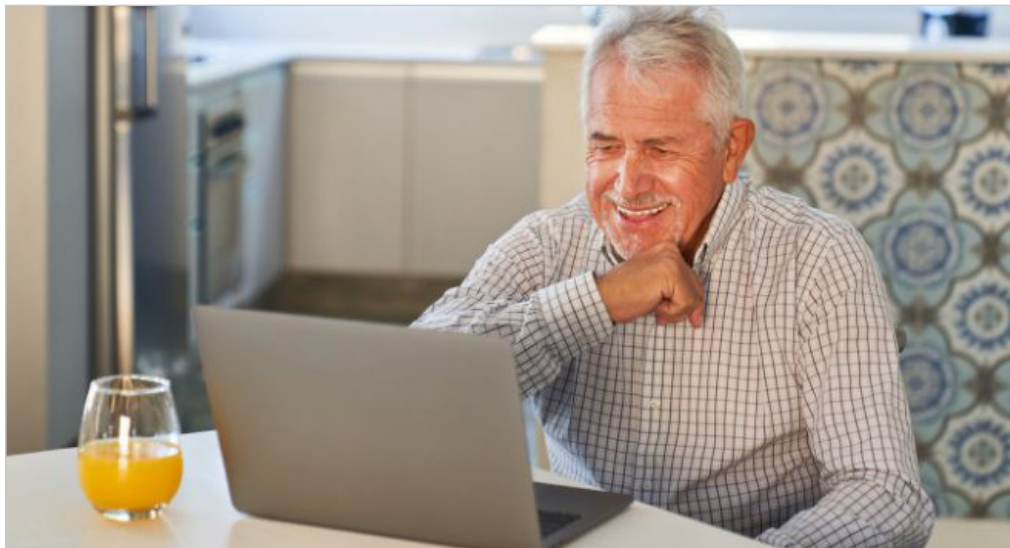
McGill



Dementia Education Program

THE SHARING ROOM

The Sharing Room offers five (5) virtual groups for caregivers of a person living with a neurocognitive disorder. These virtual groups provide a safe space for caregivers to meet, and share their experiences, to connect with others, and where everyone can express themselves about the challenges they face and find comfort, listening and understanding together.



CAREGIVERS OF A PARENT — ONLINE, ZOOM

FRENCH – every 2 weeks	ENGLISH – every 2 weeks
Monday 6:30 to 8 p.m. January 15 to March 25	Wednesday 6:30 to 8 p.m. March 6 to May 15

FOR SPOUSE/PARTNER — ONLINE, ZOOM

FRENCH – every 2 weeks	ENGLISH – every 2 weeks
Tuesday 10 to 11:30 a.m. January 30 to April 9	Thursday 1:30 to 3 p.m. January 25 to April 4 AND Thursday 1:30 to 3 p.m. March 14 to May 23

FOR FAMILY MEMBERS AND FRIENDS — ONLINE, ZOOM

FRENCH – every 2 weeks
Monday 3:30 to 5 p.m. — February 12 to April 22

To register, please click on the link below and complete the form:

https://docs.google.com/forms/d/e/1FAIpQLScPvnYFFIz7SnQnqtW8ul2lilxO1M5POeAiBJXurVTZHd9XNg/viewform?usp=sf_link

SERVICES FOR CAREGIVERS

ART THERAPY FOR CAREGIVERS

These art therapy groups for caregivers of individuals with neurocognitive disorders provide a safe space where they can express themselves and share their life experiences through various artistic mediums. Participants will be guided to explore their identity, their role as caregivers, as well as the emotions associated with this role. During the sessions, the development of self-care tools through art and relaxation will be encouraged.



COST: Free. An art supplies kit will be provided to each participant.

For information and registration: 514 369-0800 | info@alzheimermontreal.ca

Virtual — Via ZOOM	
BILINGUAL	
Tuesday 6:30 to 8:30 p.m. January 23 to April 9	Thursday 10 a.m. to 12 p.m. January 25 to April 11

Montréal 

Québec 



ART THERAPY FOR PEOPLE LIVING WITH A
NEUROCOGNITIVE DISORDER

The art therapy groups for people living with a neurocognitive disorder promote self-expression in a therapeutic setting. Each participant is invited to create according to his or her interests and abilities using different artistic materials. Art therapy offers a non-judgmental space where each person’s strengths are brought to the fore.



COST: \$60 for a six-month session (January to June and July to December).
No artistic experience is required. Registrations ongoing until the group is full.

For more information or to register: 514-369-0800 | info@alzheimermontreal.ca

IN PERSON	
Alzheimer Society of Montreal — 4505 Notre-Dame Street West, Montreal	
BILINGUAL	
Monday 10 to 11:30 a.m.	Monday 1:30 to 3 p.m.

ONLINE – ZOOM	
BILINGUAL	
Friday 10 to 11:30 a.m.	

INDIVIDUAL CONSULTATIONS

This service is available free of charge to people with Alzheimer's disease, a mild cognitive impairment or a related disorder.

You will be welcomed by a professional who will guide you through the changes and challenges you are experiencing.

Information, support and resources await you.



COST: Free

Counsellor for people living with a neurocognitive disorder: Ms. Éloïse Millet

For more information and to register:

514-369-0800 | accueil@alzheimermontreal.ca

SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER AND THEIR CAREGIVERS

IN-HOME RESPITE AND STIMULATION PROGRAM

Need a break? Qualified professionals from the Alzheimer Society of Montreal can provide you with a two- to four-hour respite period on a weekly basis. During your break, your loved one living with a neurocognitive disorder can enjoy stimulating therapeutic activities at home.

Please note that the Alzheimer Society of Montreal's in-home respite and stimulation service will be closed between December 22, noon, and January 3, 2024, 5 p.m. Back on January 4, 2024.

COST: Based on income.

An assessment will be done beforehand so we can offer adapted activities and services with a focus on the individual.

For more information or to register: 514-369-0800 | info@alzheimermontreal.ca



FINANCÉ PAR

L'APPUÏ POUR LES
PROCHES AIDANTS
D'ÂÎNÉS
MONTRÉAL

lappuimontreal.org

SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER AND THEIR CAREGIVERS

FINANCÉ PAR

L'APPUÏ POUR LES
PROCHES AIDANTS
D'AINES
MONTREAL

lappuimontreal.org

SATURDAY ACTIVITY CENTRES

Funded by l'Appui pour les proches aidants.

The Alzheimer Society of Montreal has three activity centres located in Ahuntsic, Lachine and Saint-Henri. In each facility, clients can rely on qualified staff and volunteers with the knowledge and expertise required to meet the specific needs of participants and reassure families.

These activity centres provide a few hours of respite to caregivers and their families on Saturdays and therapeutic and stimulating activities to people with neurocognitive disorders.

Please note that the Alzheimer Society of Montreal's Saturday activity centres will be closed on December 23rd and 30th. Back on January 6, 2024.

COST: \$20 per Saturday.

An assessment based on certain criteria is required to adequately address the needs of the person with a neurocognitive disorder.

For more information or to register: 514-369-0800 | info@alzheimermontreal.ca



PERMANENT ACTIVITY CENTRE OF THE ALZHEIMER
SOCIETY OF MONTREAL



Artwork participants
in Permanent activity centre

Located in Montreal’s Southwest borough, our activity centre is **safe, spacious, welcoming** and entirely designed to meet the needs of people with neurocognitive disorders and their caregivers.

Participants are accompanied by facilitators who are **qualified and trained** to effectively understand and communicate with people with Alzheimer’s disease.

Our team provides a **caring and professional** service.

Please note that the Alzheimer Society of Montreal's Permanent activity centre will be closed between December 22nd and January 5th. Back on January 9, 2024.

IN PERSON		
Alzheimer Society of Montreal — 4505 Notre-Dame Street West, Montreal		
FRENCH	ENGLISH	BILINGUAL
Thursday From 10 a.m. to 4 p.m.	Tuesday From 10 a.m. to 4 p.m.	Wednesday From 10 a.m. to 1 p.m.

We are happy to welcome you on weekdays, with a schedule established according to demand. Contact us to register!

514 369-0800 | info@alzheimermontreal.ca

We thank the FMSQ for their financial support, which allows us to offer quality services in our Permanent Activity Centre.



SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER AND THEIR CAREGIVERS

LAUGHTER YOGA – ONLINE – REGISTRATION REQUIRED

People living with a neurocognitive disorder and/or their caregivers can now participate in laughter yoga groupe session on Zoom!

Laughter Yoga is an exercise program developed by Dr. Madam Kataria. During the sessions, you will be guided through laughter exercises, adapted movement exercises and breathing exercises.

There are many benefits to a weekly laughter yoga practice for the cardiovascular system, respiratory system and immune system. It also has a positive effect on mood and reduces stress. Come and discover the benefits for yourself!

Wear comfortable clothes and shoes, bring your water bottle and join us!

COST: Free.

No experience required. Registrations ongoing until the group is full.

For more information or to register: 514-369-0800 | info@alzheimermontreal.ca

ONLINE – ZOOM

BILINGUAL

Mondays 10:30 to 11:30 a.m. | January 22 to March 25



GUIDED YOGA AND RELAXATION

This gentle yoga class is made up of exercises performed mainly on a chair and is adapted to the needs of the participants. The class develops mobility, balance, coordination and relaxation.

All you'll need is a chair without armrests and a mat (non-slip surface).

The class is given by Annie de Grandmont, yoga teacher and member of the Alzheimer Society of Montreal's philanthropy team.

COST: Free.

Registration required. For all levels. No experience required.

You can join the group at any time throughout the session.

For more information, contact us at 514-369-0800 or
by email at info@alzheimermontreal.ca

**You can join the Zoom group, or add your name to the waiting list.
Please contact us.**

HYBRID FORMAT – ZOOM AND IN PERSON
Alzheimer Society of Montreal — 4505 Notre-Dame Street West, Montreal
BILINGUAL
Thursdays 10:30 to 11:15 a.m. January 18 to March 28



CREATIVE DANCE WITH LES GRANDS BALLETS CANADIENS

This dance and movement activity is offered by the National Centre For Dance Therapy, a division of Les Grands Ballets Canadiens, and is adapted for people living with a neurocognitive disorder and their caregivers. Explore your creative potential and enjoy the benefits of physical activity!

People living with a neurocognitive disorders or caregivers can participate.

Dress comfortably, bring a water bottle and join us!

Presented by Carol Jones, dancer, choreographer and dance therapy intern.

COST: Free. No experience required.

For more information or to register: 514-369-0800 | info@alzheimermontreal.ca

IN PERSON
Édifice Wilder Espace Danse — 1435, de Bleury Street, 4 th floor, Montreal
BILINGUAL
Wednesdays 1:45 to 2:45 p.m. January 31 to March 27



SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER AND THEIR CAREGIVERS

ART LINKS WITH THE MONTREAL MUSEUM OF FINE ARTS

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

COST: Free.

REGISTRATION REQUIRED by the Wednesday before the activity.

For more information or to register: 514-369-0800 | info@alzheimermontreal.ca

IN PERSON

Montreal Museum of Fine Arts
2200, Crescent Street, Montreal

3rd Wednesday of the month
1:30 to 4 p.m.

January 17
February 21 and
March 20, 2024



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

Artwork by Angelina I.,
participant in the Art Links program.



TALES AND TRAVELS

People living with a neurocognitive disorder and their caregivers are invited to discover different countries during this weekly series of workshops. The aim of this program is to encourage interaction, conversation and self-expression through travel-themed discussions. Participants will explore countries through books, articles, discussions, music and similar activities.

COST: Free for Westmount Public Library members and membership for Westmount residents. For people living outside of Westmount :

- Individual annual membership: \$160 or \$70 for seniors (65+)
- Individual 6-month membership: \$85

Register with DANIEL MIGUEZ at 514-989-5530 or dmiguez@westmount.org

IN PERSON	
Wesmount Public Library — 4574 Sherbrooke Street West, Montreal	
BILINGUAL	
Tuesday 1 to 3 p.m. January 16 to February 13 AND March 19 to April 16	Friday 10:30 a.m. to 12:30 p.m. January 19 to February 16 AND March 15 to April 19 (Break on March 29)



SERVICES FOR PROFESSIONALS AND ORGANIZATIONS

PUBLIC LECTURES

LECTURE 1 : WHAT YOU SHOULD KNOW ABOUT ALZHEIMER'S DISEASE

Lecture on the warning signs, progression and risk factors of Alzheimer's disease.
Learn how to mitigate some of the risk factors and find out how the Alzheimer Society of Montreal's services can help you.

LECTURE 2 : AN INTRODUCTION TO ALZHEIMER'S DISEASE AND COMMUNICATION STRATEGIES

A lecture on common questions about Alzheimer's disease and neurocognitive disorders followed by an introduction to strategies for responding to changes in communication and behaviour.

LECTURE 3 : VISITING SOMEONE WITH ALZHEIMER'S: WHAT YOU SHOULD KNOW

Lecture on Alzheimer's disease and neurocognitive disorders with practical tips for visiting someone with the disease.
The speaker will provide participants with tips for optimizing time spent with a person with a neurocognitive disorder.

LECTURE 4 : CARING FOR THE CAREGIVER

A discussion on the role of caregivers and strategies for supporting them to reduce their stress.
Family and friends are welcome.

LECTURE 5 : AMBIGUOUS LOSS

Issues of grief and loss are among the most difficult to deal with when caring for someone with Alzheimer's disease or another neurocognitive disorder. Ambiguous loss differs from loss following a death in that closure is impossible while the person is still alive.
Fortunately, understanding loss and grief can help mitigate the effects of the disease.

COST: \$200 per one-hour session (including the question period).

Where: In person at the offices of the Alzheimer Society of Montreal or on Zoom

Language: French or English, as needed.

For information: education@alzheimermontreal.ca

WORKSHOP INTIMACY, SEXUALITY AND COGNITIVE DISORDERS



A workshop that explores in depth the human needs for intimacy, love and sexuality of people with neurocognitive disorders.

TARGET AUDIENCE : Health care providers

In person and Online – Via Zoom

COST: \$135

LOCATION: 4505 Notre-Dame Street West, Montreal

LANGUAGE : Bilingual

FIRST AID: INTERVENING EFFECTIVELY WITH A CLIENT LIVING WITH A NCD

Training offered by Ms. Cindy Walford Bergeron



Cindy graduated from the RCMP in 1987 and began her policing career in Northern Ontario. During a 9 month tour of duty in Kosovo in the former Yugoslavia, she worked with a team of field psychologists who monitored the troops for signs of post traumatic stress and compassion fatigue. Returning to Canada in 2001, she began her studies in pre-hospital medicine at New York State Emergency Medical Services and became a certified critical care paramedic with the National Association of Emergency Medical Technicians in 2007.

Cindy will be certified as a NAEMSE (National Association of Emergency Medical Services Educator) instructor and will become a Master Instructor for the Heart and Stroke Foundation in Canada. Instructor, speaker, police officer and paramedic, Cindy fights with passion, determination and energy to preserve our most precious resource; the human.

Session for Health Care Providers

Obtaining a certificate in 'Workplace First Aid' validated by CNESST and ESQ.

Presential

COST: \$540 per participant

LOCATION: 4505 Notre-Dame Street West, Montreal

LANGUAGE: Bilingual

For more information and to register, please contact our Education Department: education@alzheimermontreal.ca

TRAIN YOUR TEAMS NOW!



The educational program:

Identifying early signs for detecting the onset of neurocognitive disorders in residents of senior residences	Learning to interact and intervene better with individuals living with neurocognitive disorders	Creating an enriching living environment to prevent and support person- centered care
1 hour	3 hours	3 hours

A certificate will be issued upon completion of the educational program.

AUDIENCE: Employees of senior residences.

COST: \$200

LOCATION: The training takes place directly in your residence!

LANGUAGES : French and English

To reserve the services of a qualified trainer in your setting, please contact:

- **ENGLISH :** Tamara Ciorra — tciorra@alzheimermontreal.ca
- **FRENCH :** Sarah Errou — serrou@alzheimermontreal.ca

TRAIN YOUR RESIDENTS AND THEIR CAREGIVERS NOW!



The **Mon Milieu de Vie** residential program now includes a new training program for your residents!

The complete 1h30 educational program includes:

- Understanding Alzheimer's disease
- Identifying the warning signs
- Winning strategies

A certificate is issued at the end of the educational program.

AUDIENCE: residents and family caregivers

COST: contact us

LOCATION: the training takes place directly in your residence!

LANGUAGES: French and English

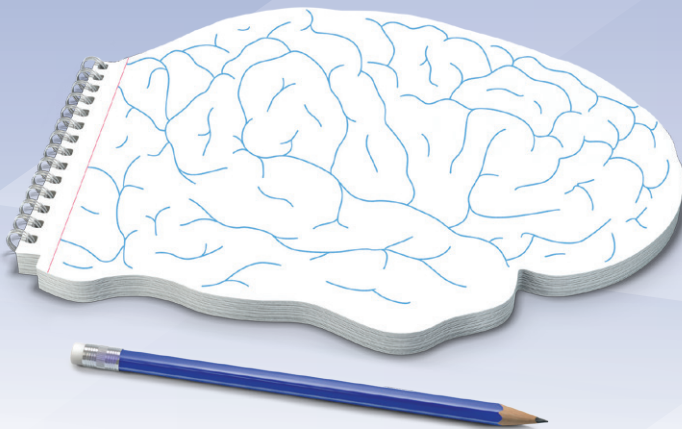
To reserve the services of a qualified trainer in your residence, please contact:

French: Sarah Errou | serrou@alzheimermontreal.ca

English: Tamara Ciorra | tciorra@alzheimermontreal.ca

The *Mon milieu de vie: Vivre ensemble* project is funded by the Government of Canada under the Community Services Revitalization Fund.

PROFESSIONAL TRAINING



BETTER INTERVENTIONS THROUGH LEARNING

WHY?

- ✓ This training offers professionals that accompany people living with a neurocognitive disorder and their families, a professional and human centered intervention.
- ✓ To develop skills that will allow you to be adequately equipped to support and intervene with this population.

FOR WHO?

- ✓ Are you a social worker, care attendant, licensed practical nurse, nursing assistant, health and social services assistant, or another community worker?
- ✓ Do you work in a Private Retirement home, Residential and long-term care centre, Intermediate resource or family-type resource?

This training is for you!

FROM 8:30 a.m. to 5 p.m.
FRENCH: January 11 and 12 – Zoom
March 27 and 28 – In person
ENGLISH: January 17 and 18 – Zoom
PRICE: \$ 540 for all 4 modules, including the participant's booklet

4 MODULES

MODULE 1*

Understanding Alzheimer's disease to better intervene

MODULE 2*

The person-centered approach

MODULE 3

Communication to build trust

MODULE 4

Intervening when there are Responsive Behaviours

*Modules 1 and 2 are prerequisites for modules 3 and 4.

This training is recognized by the OIIAQ association as an education activity, which meets the standards required for continuing education training hours training for licenced practical nurses (auxiliary nurses, nursing assistants) in Quebec.

Alzheimer*Society*
M O N T R E A L

For more information

cchoplet@alzheimermontreal.ca
514 369-0800

COACHING FOR PROFESSIONALS WHO ARE DESERVING PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER



THE EDUCATIONAL SERVICE OFFERS COACHING SESSIONS FOR YOU, YOUR TEAM OR YOUR ORGANIZATION IN ORDER TO MOVE TOWARDS YOUR ORGANIZATIONAL AND/OR CLIENT CARE OBJECTIVES.

THE CARING AND EXPERTISE OF OUR COUNSELLORS WILL BE INVALUABLE IN FACILITATING THE SUPPORT OF YOUR CLIENTS.

TARGET AUDIENCE: CAREGIVERS, HEALTH PROFESSIONALS AND INSTITUTIONS CARING FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER.

COST: \$125 PER HOUR

LOCATION: PERSONALIZED APPROACH IN YOUR ORGANIZATION

TO BOOK COACHING SERVICES, CONTACT US AT
EDUCATION@ALZHEIMERMONTREAL.CA — 514-369-0800

SAVE THE DATE

7

DAY

02

MONTH

24

YEAR

ANNUAL *BARCLAY FAMILY* COLLOQUIUM

A day of **conferences** and **workshops** dedicated to scientific advances in Alzheimer's disease.



WEDNESDAY,
FEBRUARY 7, 2024



FROM
8 : 30 AM



INTERCONTINENTAL HOTEL
MONTREAL

What to expect for the 2024 Colloquium ?

- A combination of rich peer exchanges and the acquisition of new knowledge thanks to conferences and workshops offered by experts in the field.
- Knowledge of the latest trends in technologies dedicated to the well-being of people living with neurocognitive disorders, as well as a better understanding of current legislation.
- Take a break from your daily professional routine to recharge and develop your multidisciplinary skills and knowledge.
- An opportunity to meet caregivers who care about the well-being of their loved ones and are looking to integrate best practices to their daily routine.

A detailed program and the opening of registrations will be announced shortly

[learn more](#)



Société Alzheimer Society
MONTREAL

20th ANNIVERSARY OF



On **SUNDAY, MAY 26, 2024**, join in the festivities of the **20th edition of the IG Wealth Management Walk for Alzheimer's** with our team at the Alzheimer Society of Montreal !

This national awareness event **takes place in over 250 communities across Canada.**

It is the largest fundraising event for Alzheimer's disease and related disorders in the country.

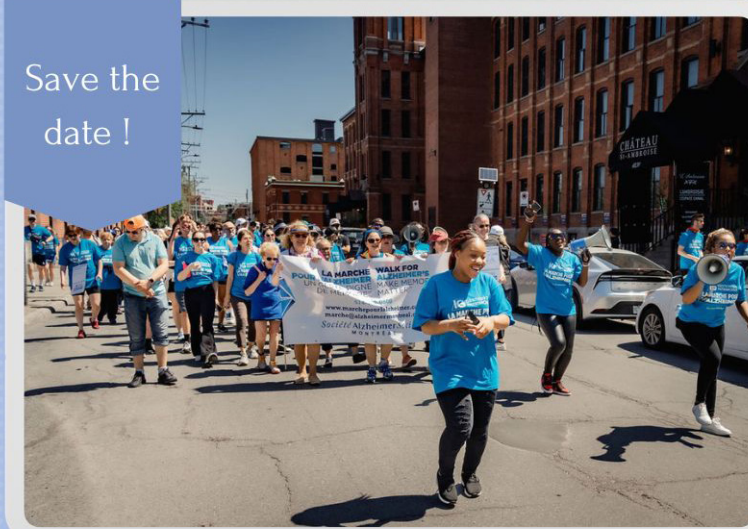
Walk with us in solidarity with the 500,000 Canadians living with a neurocognitive disorder and their caregivers!

Save the date on your calendar and create your team of walkers, while setting your fundraising goal.

This year, WHO are you walking for?

It's a date, May 26, 2024!

Save the
date !





DID YOU KNOW?



We are delighted to announce that we are providing you with a comprehensive documentation center, including a wide selection of information about Alzheimer's disease and neurocognitive disorders, available in the form of brochures and pamphlets.

We want to inform you that all the documents we offer are free of charge. The objective is to facilitate access to information for individuals living with Alzheimer's disease and their caregivers.

Whether you are a caregiver, a healthcare professional, or simply curious to learn more about neurocognitive disorders, our documentation center is here for you, located at the reception of the Alzheimer Society of Montreal.

Knowledge is a key element in better understanding and supporting individuals facing Alzheimer's disease or other neurocognitive disorders.

**For more information, please contact us:
514 369-0800 | info@alzheimermontreal.ca.**

You can also visit us directly at our offices, Monday to Friday from 9 a.m. to 5 p.m.

SUMMARY TABLES OF ACTIVITIES

SERVICES FOR CAREGIVERS					
Activity	Format	Location	Language	2024 Schedule	Cost
Intake and referrals and the Counselling Network Pause between December 22nd and January 3rd. Back on January 4, 2024.	Hybrid	Zoom or Alzheimer Society of Montreal 4505, Notre-Dame Street West, Montreal Satellite offices : Baluchon long term respite Centre du Vieux Moulin de Lasalle CRC West Island Dollard Seniors Club GASO (Groupe des aidants du Sud-Ouest) Mainbourg Corporation Plateau Centre René-Cassin CLSC Sainte-Anne Hospital The Teapot 50+ Centre	Bilingual	According to the demand. Please contact us!	Free
Weekly groups – Support and information	In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	French	Friday 2 to 4 p.m. January 26 to March 1st AND Monday 9:30 to 11:30 a.m. March 4 to April 15 (Easter break April 1st)	\$60 per six-week session
			English	Monday 1:30 to 3:30 p.m. March 4 to April 15 (Easter break April 1st)	
	Virtual	Zoom	French	Wednesday 9:30 to 11:30 a.m. January 17 to February 28 (break on February 7th)	
				Tuesday 6:30 to 8:30 p.m. February 20 to March 26	
				Thursday 6:30 to 8:30 p.m. February 29 to April 4	
			English	Thursday 9:30 to 11:30 a.m. January 18 to February 22 AND Wednesday 1:30 to 3:30 p.m. March 6 to April 10	

SUMMARY TABLES OF ACTIVITIES

SERVICES FOR CAREGIVERS					
Activity	Format	Location	Language	2024 Schedule	Cost
				September 2023 to June 2024	
Monthly support groups	In person and virtual	For more informations and registration : 514 369-0800 education@alzheimermontreal.ca			\$60 per session (September to June)
The sharing room	On line	For adult children Every 2 weeks	French	Monday 6:30 to 8 p.m. January 15 to March 25	Free
			English	Wednesday 6:30 to 8 p.m. March 6 to May 15	
		For spouse/partner every 2 weeks	French	Tuesday 10 to 11:30 a.m. January 30 to April 9	
			English	Thursday 1:30 to 3 p.m. January 25 to April 4 AND Thursday 1:30 to 3 p.m. March 14 to May 23	
		For family members and friends every 2 weeks	French	Monday 3:30 to 5 p.m. February 12 to April 22	
Art therapy for caregivers	Virtual	An art kit will be sent to each participant. Accessible to all, no experience required.	Bilingual	Tuesday 6:30 to 8:30 p.m. January 23 to April 9 Thursday 10 a.m. to 12 p.m. January 25 to April 11	Free

SUMMARY TABLES OF ACTIVITIES

SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER

Activity	Format	Location	Language	2024 Schedule	Cost
Art therapy	In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	Bilingual	Mondays 10 to 11:30 a.m. AND 1:30 to 3 p.m.	\$60 for a six-month session. (January to June and July to December. Next session will begin in July 2024.)
	Virtual	Zoom	Bilingual	Fridays 10 to 11:30 a.m.	
Individual consultations	Hybrid	Zoom or Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	Bilingual	Upon request	Free

SUMMARY TABLES OF ACTIVITIES

SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDERS AND THEIR CAREGIVERS

Activity	Format	Location	Language	2024 Schedule	Cost
In-home respite and stimulation program Pause between December 22nd and January 3rd. Back on January 4, 2024.	In person	At home	Bilingual	Upon request	Based on income
Saturday activity centres Pause on December 23rd and 30th. Back on January 6, 2024.	In person	The Alzheimer Society of Montreal has three activity centres located in Ahuntsic, Lachine and Centre-South.	Bilingual	Every Saturday	\$20 per Saturday
Permanent Activity Centre of the Alzheimer Society of Montreal Pause between December 22nd and January 5th. Back on January 7, 2024.	In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	French	Thursday 10 a.m. to 4 p.m.	For more information, contact us at 514-369-0800 or by email at info@alzheimermontreal.ca
			English	Tuesday 10 a.m. to 4 p.m.	
			Bilingual	Wednesday 10 a.m. to 1 p.m.	
Laughter yoga	On line	Zoom	Bilingual	Mondays 10:30 to 11:30 a.m. January 22 to March 25	Free
Guided yoga and relaxation You can join the Zoom group, or add your name to the waiting list. Please contact us.	Hybrid	Zoom or Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	Bilingual	Thursdays 10:30 to 11:45 a.m. January 18 to March 28	Free
Creative Dance with Les Grands Ballets Canadiens	In person	Édifice Wilder Espace Danse 1435 de Bleury Street, 4 th floor, Montreal	Bilingual	Wednesday 1:45 to 2:45 p.m. January 31 to March 27	Free
Art Links with the Montreal Museum of Fine Arts	In person	Montreal Museum of Fine Arts, 2200, Crescent Street, Montreal	Bilingual	3 rd Wednesday of the month, 1:30 to 4 p.m. January 17, February 21st and March 20	Free
Tales and Travels	In person	Westmount Public Library 4574 Sherbrooke West Street, Montreal	Bilingual	Tuesday 1 to 3 p.m. January 16 to February 13 AND March 19 to April 16 Friday 10:30 a.m. to 12:30 p.m. January 19 to February 16 AND March 15 to April 19 (Break on March 29)	Free for members of the Westmount Public Library.

SUMMARY TABLES OF ACTIVITIES


SERVICES FOR PROFESSIONALS AND ORGANIZATIONS					
Activity	Description	Format	Location	Language	Cost
PUBLIC LECTURES	LECTURE 1: What you should know about Alzheimer's disease	Hybrid	Zoom or Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	French or English, upon request	\$200 for 1 hour (including question period)
	LECTURE 2: An introduction to Alzheimer's disease and communication strategies				
	LECTURE 3: Visiting someone with Alzheimer's: what you should know				
	LECTURE 4: Caring for the caregiver				
	LECTURE 5: Ambiguous loss				

SUMMARY TABLES OF ACTIVITIES

PROGRAMMING SERVICES FOR PROFESSIONALS AND ORGANIZATIONS

Activity	Description	Format	Location	Language	2024 Schedule	Cost
For more information and to register for our workshops and training sessions, contact our educational department: 514-369-0800 education@alzheimermontreal.ca						
Workshop Intimacy, sexuality and cognitive disorders		In person and online	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	Bilingual	On request	\$135
Workshops for stakeholders health care providers	First aid: intervening effectively with a client living with a NDC.	In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	Bilingual	Contact us	\$540
	Train your team now! For residence's workers	In person	At your residence	French or English, as required	On request	\$200
	Train your residents and their caregivers now!	In person	At your residence	French or English, as required	On request	Contact us
	Better Interventions through learning	In person and online	In person at the Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	French	8:30 a.m. to 5 p.m. January 11 and 12 Zoom	\$540 for all 4 modules Includes participant's workbook
				English	8:30 a.m. to 5 p.m. January 17 and 18 Zoom	
	Coaching for professionals who are deserving people living with a neurocognitive disorder	In person	Personalized approach in your organization	French or English, as required	on request	\$125/h

SUMMARY TABLES OF ACTIVITIES

SERVICES FOR ALL	
Activity	2024 Schedule
Barclay Family Colloquium	<p>A day of conferences and workshops dedicated to scientific advances in Alzheimer's disease.</p> <p>A detailed program and the opening of registrations will be announced shortly : https://alzheimermontreal.ca/en/annual-barclay-family-colloquium/</p> 
The Walk for Alzheimer IG Gestion de Patrimoine	<p>Join in the festivities of the 20th edition of the IG Wealth Management Walk for Alzheimer's with our team at the Alzheimer Society of Montreal !</p> <p>Save the date on your calendar and create your team of walkers, while setting your fundraising goal.</p> <p>This year, WHO are you walking for?</p> <p>It's a date, May 26, 2024!</p> 