SPRING / SUMMER PROGRAM
APRIL TO AUGUST 2024

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

Artwork by Mark L., participant in the Alzheimer Society of Montreal’s art therapy workshops.
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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
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.

<table>
<thead>
<tr>
<th>Counselling-Network’s Points of Services</th>
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<tbody>
<tr>
<td>Baluchon long term respite</td>
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<tr>
<td>Centre du Vieux Moulin de Lasalle</td>
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<td>CLAM (Carrefour de liaison et d’aide multiethnique)</td>
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<td>CRC West Island</td>
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<td>Demeures Sainte-Croix</td>
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<td>Dollard Seniors Club</td>
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<td>GASO (Groupe des aidants du sud-ouest)</td>
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<td>Institut universitaire de gériatrie de Montréal</td>
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<td>J.-Henri Charbonneau</td>
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<td>Mainbourg Corporation</td>
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<td>Plateau Centre</td>
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<td>René-Cassin CLSC</td>
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<td>Sainte-Anne Hospital</td>
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<tr>
<td>The Teapot 50+ Centre</td>
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<tr>
<td>Vers Vous</td>
</tr>
</tbody>
</table>

Connect with a counsellor now: 514-369-0800 | info@alzheimermontreal.ca
MEET OUR NEW CAREGIVER’S COUNSELLOR: SABRINA PETTA

My name is Sabrina and I am the new Counsellor for Caregivers in the East of Montreal at the Alzheimer Society of Montreal.

I am a caring and dedicated professional ready to help while providing a unique approach to the needs of caregivers and helpers. I possess many years of qualified trainings, experience and certifications. I will provide counselling services, support, information, assistance, and guidance to caregivers and helpers of people affected by NCD, along with references, tools, skills, and relevant helpful documentations, to name a few accommodating elements. Caregivers may also be friends, acquaintances, or other family members involved and helping with a loved one affected by NCD.

I will work closely with individuals to find the most appropriate solutions and outcomes regarding their personal situations, while providing a safe space that is professional, warm, understanding, ethical and confidential, and working with a multidisciplinary team of professionals all with integrity and care.

It will be my pleasure to assist you with any questions, inquiries, concerns or challenges you may be facing, and we can work together as I help and support you with your next goals in your journey, while working on priorities, organisation, empowerment, self care, and best quality of life. I am looking forward to assisting you in your journey!
### ABOUT SUPPORT GROUPS FOR CAREGIVERS

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

<table>
<thead>
<tr>
<th>IN-PERSON GROUPS</th>
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<tbody>
<tr>
<td>Alzheimer Society of Montreal — 4505, Notre-Dame Street West, Montreal</td>
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<table>
<thead>
<tr>
<th>FRENCH</th>
<th>ENGLISH</th>
</tr>
</thead>
</table>
| Monday, 9:30 to 11:30 a.m.  
July 8 to August 12  
AND  
Tuesday, 2 to 4 p.m.  
July 16 to August 20 | Wednesday 6:30 to 8:30 p.m.  
May 29 to July 10 (pause on June 12)  
AND  
Tuesday 6:30 to 8:30 p.m.  
August 6 to September 10 |

<table>
<thead>
<tr>
<th>ONLINE GROUPS – ON ZOOM</th>
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</thead>
<tbody>
<tr>
<td>FRENCH</td>
</tr>
<tr>
<td>--------</td>
</tr>
</tbody>
</table>
| Tuesday 6:30 to 8:30 p.m.  
May 7 to June 11  
AND  
Thursday 6:30 to 8:30 p.m.  
May 30 to July 4  
AND  
Wednesday 9:30 to 11:30 a.m.  
August 7 to September 11 | Wednesday 1:30 to 3:30 p.m.  
April 24 to May 29 |

Please note that additional groups can be created if needed.
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
THE SHARING ROOM

The Sharing Room offers 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.

<table>
<thead>
<tr>
<th>CAREGIVERS OF A PARENT — ONLINE, ZOOM</th>
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</thead>
<tbody>
<tr>
<td>FRENCH – every 2 weeks</td>
</tr>
<tr>
<td>Monday 6:30 to 8 p.m.</td>
</tr>
<tr>
<td>June 3rd to August 19</td>
</tr>
<tr>
<td>(pause on July 1st)</td>
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</table>

<table>
<thead>
<tr>
<th>FOR SPOUSE/PARTNER — ONLINE, ZOOM</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRENCH – every 2 weeks</td>
</tr>
<tr>
<td>Thursday 10 to 11:30 a.m.</td>
</tr>
<tr>
<td>May 2nd to July 11</td>
</tr>
</tbody>
</table>

To register, please click on the link below and complete the form:
https://forms.gle/hfzNt4D8uSL19NGbA
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. |  

SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER

ALZHEIMER SOCIETY OF MONTREAL — SPRING/SUMMER 2024 PROGRAM
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
Counselling-Network’s Points of Services:

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counselling-Network’s Points of Services</td>
<td></td>
</tr>
<tr>
<td>Baluchon long term respite</td>
<td>10138 Lajeunesse Street, Montreal, H3L 2E2</td>
</tr>
<tr>
<td>Centre du Vieux Moulin de Lasalle</td>
<td>7644 Edouard Street, Lasalle, H8P 1T3</td>
</tr>
<tr>
<td>CLAM (Carrefour de liaison et d’aide multiethnique)</td>
<td>7200, Hutchison, suite 300, Montréal, H3N 1Z2</td>
</tr>
<tr>
<td>CRC West Island</td>
<td>114 Donegani Ave, Pointe Claire, H9R 2V4</td>
</tr>
<tr>
<td>Demeures Sainte-Croix</td>
<td>1225, avenue Sainte-Croix, Montréal, H4L 3Z2</td>
</tr>
<tr>
<td>Dollard Seniors Club</td>
<td>12001 Salaberry Blvd, Dollard-des-Ormeaux, H9B 2A7</td>
</tr>
<tr>
<td>GASO (Groupe des aidants du sud-ouest)</td>
<td>7475, Newman blvd, Montreal, H8N 2K3</td>
</tr>
<tr>
<td>Institut universitaire de gériatrie de Montréal</td>
<td>4565, Chemin Queen Mary, Montréal, H3W 1W5</td>
</tr>
<tr>
<td>J.-Henri Charbonneau</td>
<td>3095, rue Sherbrooke E. Montréal, H1W 1B2</td>
</tr>
<tr>
<td>Mainbourg Corporation</td>
<td>14115 Prince-Arthur Street, Montreal, H1A 1A8</td>
</tr>
<tr>
<td>Plateau Centre</td>
<td>2275 Saint-Joseph East Blvd, Montreal, H2H 1G4</td>
</tr>
<tr>
<td>René-Cassin CLSC</td>
<td>58000 Cavendish Blvd, Côte Saint-Luc, H4W 2T5</td>
</tr>
<tr>
<td>Sainte-Anne Hospital</td>
<td>305 Anciens-Combattants Blvd, Sainte-Anne-de-Bellevue, H9X 1Y9</td>
</tr>
<tr>
<td>The Teapot 50+ Centre</td>
<td>2901 Saint-Joseph Blvd, Lachine, H8S 4B7</td>
</tr>
<tr>
<td>Vers Vous</td>
<td>8042, rue Saint-Hubert, Montréal, H2R 2P3</td>
</tr>
</tbody>
</table>
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.

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

*Our team is dedicated to providing high-quality service to families who request it. As such, a waiting period may be required to receive this service.
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 Saturday Activity Centers will be closed this summer for 4 consecutive Saturdays: June 29, July 6, July 13 and July 20, 2024.

The Saturday Activity Centers will reopen on July 27, 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

Places available!
Contact us!
PERMANENT ACTIVITY CENTRE OF THE ALZHEIMER SOCIETY OF MONTREAL

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.

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<tr>
<th>IN PERSON</th>
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<tbody>
<tr>
<td>Alzheimer Society of Montreal — 4505 Notre-Dame Street West, Montreal</td>
</tr>
<tr>
<td><strong>FRENCH</strong></td>
</tr>
<tr>
<td>Thursday From 10 a.m. to 4 p.m.</td>
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</table>

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.
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

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<tr>
<th>ONLINE – ZOOM</th>
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<tbody>
<tr>
<td>BILINGUAL</td>
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<tr>
<td>Mondays 10:30 to 11:30 a.m.</td>
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</table>
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.

<table>
<thead>
<tr>
<th>HYBRID FORMAT – ZOOM AND IN PERSON</th>
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<tr>
<td>Alzheimer Society of Montreal — 4505 Notre-Dame Street West, Montreal</td>
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**BILINGUAL**

Thursdays 10:30 to 11:15 a.m. | April 11 to August 22, 2024
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

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<tbody>
<tr>
<td>Édifice Wilder Espace Danse — 1435, de Bleury Street, 4th floor, Montreal</td>
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**BILINGUAL**

Wednesdays 1:45 to 2:45 p.m. | May 1st to August 21st
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

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<tr>
<th>IN PERSON</th>
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<tr>
<td>Montreal Museum of Fine Arts</td>
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<tr>
<td>2200, Crescent Street, Montreal</td>
</tr>
<tr>
<td>3rd Wednesday of the month</td>
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<tr>
<td>1:30 to 4 p.m.</td>
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<td>April 17 and May 15</td>
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</table>

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

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<tr>
<td>Wesmount Public Library — 4574 Sherbrooke Street West, Montreal</td>
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<tbody>
<tr>
<td>Tuesday 1 to 3 p.m. April 9 to June 18</td>
</tr>
<tr>
<td>Friday 10:30 a.m. to 12:30 p.m. April 12 to June 21st</td>
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</tbody>
</table>
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 and organizations

In person and Online – Via Zoom

COST: $135 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
FIRST AID: INTERVENCING 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:

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

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

AUDIENCE: Employees of senior residences.
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!

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.

FROM 8:30 a.m. to 5 p.m.
FRENCH: June 6 and 7 – In person
ENGLISH: May 7 and 8 – In person
PRICE: $ 540 for all 4 modules, including the participant’s booklet

For more information cchoplet@alzheimermontreal.ca
514 369-0800

Alzheimer Society MONTREAL
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
SERVICES FOR ALL

WALK FOR ALZHEIMER’S MONTREAL
20th edition

20 years of mobilization and generosity in support of people living with Alzheimer’s disease!

Sunday, May 26, 2024
SAVE THE DATE

Come celebrate and play at the Sir Georges-Étienne-Cartier park and walk with us in the streets of Saint-Henri!

REGISTRATION: https://www.jedonneenligne.org/socalzh/campagne/marche/subscribe/
GOLF TOURNAMENT HECTOR TOE BLAKE
PRESENTED BY

Save the date!

AUGUST 29, 2024
St-Raphaël Golf Club

In 2024, play on the blue course!

IN COLLABORATION WITH

INFORMATION: https://alzheimermontreal.ca/alzheimer-montreal-evenement-golf/
ANNUAL GENERAL MEETING 2024

The Annual General Meeting (AGM) will take place on Thursday, June 13, 2024, from 3:30 to 4:30 p.m. at the Georges-Vanier Cultural Center, 2450 Workman Street, Montreal, QC H3J 1L8.

The AGM will be followed by a vernissage of artworks created by participants in the art therapy workshops for caregivers. You are welcome to attend!

To attend the 2024 AGM, please register at info@alzheimermontreal.ca

We look forward to seeing you on June 13!
FRAGMENTS: TALES OF CAREGIVERS

LOCATION: Georges-Vanier Cultural Centre, 2450, Workman St., Montreal, H3J 1L8

DATES:
• Friday, June 14th, 1 to 5 p.m.
• Saturday, June 15th, 10 a.m. to 3 p.m.

Exhibition of artworks created by caregivers participating in art therapy workshops at the Alzheimer Society of Montreal.
The Alzheimer Society of Montreal can help you cope with neurocognitive disorders.

Visit us to discover our documentation center and meet with our dedicated team to find all the information you may need. We look forward to welcoming you!

4505 Notre-Dame West
info@alzheimermontreal.ca
alzheimermontreal.ca / 514-369-0800
Mon - Fri: 9:00 am to 5:00 pm
## Summary Tables of Activities

### Services for Caregivers

<table>
<thead>
<tr>
<th>Activity</th>
<th>Format</th>
<th>Location</th>
<th>Language</th>
<th>2024 Schedule</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intake and referrals and the Counselling Network</td>
<td>Hybrid</td>
<td>Zoom or Alzheimer Society of Montreal 4505, Notre-Dame Street West, Montreal Satellite offices: Baluchon long term respite Centre du Vieux Moulin de Lasalle CLAM (Carrefour de liaison et d'aide multiethnique) CRC West Island Demeures Sainte-Croix Dollard Seniors Club GASO (Groupe des aidants du sud-ouest) Institut universitaire de gériatrie de Montréal J.-Henri Charbonneau Mainbourg Corporation Plateau Centre René-Cassine CLSC Sainte-Anne Hospital The Teapot 50+ Centre Vers Vous</td>
<td>Bilingual</td>
<td>According to the demand. Please contact us!</td>
<td>Free</td>
</tr>
</tbody>
</table>
| Weekly groups – Support and information     | In person       | Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal     | French         | Monday 9:30 to 11:30 a.m.  
July 8 to August 12  
Tuesday 2 to 4 p.m.  
July 16 to August 20 | $60 per six-week session |
|                                             | Virtual         | Zoom                                                                     | English        | Wednesday 6:30 to 8:30 p.m.  
May 29 to July 10 (pause on June 12)  
Tuesday 6:30 to 8:30 p.m.  
August 6 to September 10 | Wednesday 9:30 to 11:30 a.m.  
August 7 to September 11 |
|                                             |                 |                                                                          | French         | Tuesday 6:30 to 8:30 p.m.  
May 7 to June 11  
Thursday 6:30 to 8:30 p.m.  
May 30 to July 4 | Wednesday 1:30 to 3:30 p.m.  
April 24 to May 29 |
|                                             |                 |                                                                          | English        | Tuesday 6:30 to 8:30 p.m.  
May 7 to June 11  
Thursday 6:30 to 8:30 p.m.  
May 30 to July 4 | Wednesday 1:30 to 3:30 p.m.  
April 24 to May 29 |
## Summary Tables of Activities

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<tr>
<td>Monthly support groups</td>
<td>In person and virtual</td>
<td>For more informations and registration : 514 369-0800</td>
<td>French</td>
<td>September 2023 to June 2024</td>
<td>$60 per session (September to June)</td>
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<tr>
<td>The sharing room</td>
<td>On line</td>
<td>For adult children</td>
<td>French</td>
<td>Monday 6:30 to 8 p.m. June 3rd to August 19 (pause July 1st)</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>English</td>
<td>Wednesday 6:30 to 8 p.m. May 29 to July 3rd</td>
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<tr>
<td></td>
<td></td>
<td>For spouse/partner</td>
<td>French</td>
<td>Thursday 10 to 11:30 a.m. May 2nd to July 11</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>English</td>
<td>Thursday 3:30 to 5 p.m. April 18 to May 23rd</td>
<td></td>
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<tr>
<td>Activity</td>
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</tbody>
</table>
| 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) |
|                        | Virtual | Zoom                                                                     | Bilingual | Fridays 10 to 11:30 a.m.          | Free                      |
| Individual consultations | 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  
CLAM (Carrefour de liaison et d’aide multiethnique)  
CRC West Island  
Demeures Sainte-Croix  
Dollard Seniors Club  
GASO (Groupe des aidants du sud-ouest)  
Institut universitaire de gériatrie de Montréal  
J.-Henri Charbonneau  
Mainbourg Corporation  
Plateau Centre  
René-Cassín CLSC  
Sainte-Anne Hospital  
The Teapot 50+ Centre  
Vers Vous | Bilingual | Upon request | Free |

**SUMMARY TABLES OF ACTIVITIES**

**SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER**
<table>
<thead>
<tr>
<th>Activity</th>
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<tr>
<td>In-home respite and stimulation program</td>
<td>In person</td>
<td>At home</td>
<td>Bilingual</td>
<td>Upon request</td>
<td>Based on income</td>
</tr>
<tr>
<td>Saturday activity centres</td>
<td>Closed on June 29, July 6, July 13 and July 20. Back on July 27.</td>
<td>In person</td>
<td>The Alzheimer Society of Montreal has three activity centres located in Ahuntsic, Lachine and Centre-South.</td>
<td>Bilingual</td>
<td>Every Saturday</td>
</tr>
<tr>
<td>Permanent Activity Centre of the Alzheimer Society of Montreal</td>
<td>In person</td>
<td>Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal</td>
<td>French</td>
<td>Thursday 10 a.m. to 4 p.m.</td>
<td>For more information, contact us at 514-369-0800 or by email at <a href="mailto:info@alzheimermontreal.ca">info@alzheimermontreal.ca</a></td>
</tr>
<tr>
<td>Laughter yoga</td>
<td>On line</td>
<td>Zoom</td>
<td>Bilingual</td>
<td>Mondays 10:30 to 11:30 a.m. April 22nd to August 19</td>
<td>Free</td>
</tr>
<tr>
<td>Guided yoga and relaxation</td>
<td>Hybrid</td>
<td>Zoom or Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal</td>
<td>Bilingual</td>
<td>Thursdays 10:30 to 11:45 a.m. April 11 to August 22nd</td>
<td>Free</td>
</tr>
<tr>
<td>Creative Dance with Les Grands Ballets Canadiens</td>
<td>In person</td>
<td>Édifice Wilder Espace Danse 1435 de Bleury Street, 4th floor, Montreal</td>
<td>Bilingual</td>
<td>Wednesday 1:45 to 2:45 p.m. May 1st to August 21st</td>
<td>Free</td>
</tr>
<tr>
<td>Art Links with the Montreal Museum of Fine Arts</td>
<td>In person</td>
<td>Montreal Museum of Fine Arts, 2200, Crescent Street, Montreal</td>
<td>Bilingual</td>
<td>3rd Wednesday of the month, 1:30 to 4 p.m. April 17 and May 15</td>
<td>Free</td>
</tr>
<tr>
<td>Tales and Travels</td>
<td>In person</td>
<td>Westmount Public Library 4574 Sherbrooke West Street, Montreal</td>
<td>Bilingual</td>
<td>Tuesday 1 to 3 p.m. April 9 to June 18 Friday 10:30 a.m. to 12:30 p.m. April 12 to June 21st</td>
<td>Free for members of the Westmount Public Library.</td>
</tr>
</tbody>
</table>
### PUBLIC LECTURES

<table>
<thead>
<tr>
<th>Activity</th>
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<tbody>
<tr>
<td><strong>LECTURE 1:</strong></td>
<td>What you should know about Alzheimer’s disease</td>
<td>Hybrid</td>
<td>Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal</td>
<td>French or English, upon request</td>
<td>$200 for 1 hour (including question period)</td>
</tr>
<tr>
<td><strong>LECTURE 2:</strong></td>
<td>An introduction to Alzheimer’s disease and communication strategies</td>
<td>Zoom</td>
<td>or</td>
<td></td>
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<tr>
<td><strong>LECTURE 3:</strong></td>
<td>Visiting someone with Alzheimer’s: what you should know</td>
<td></td>
<td>Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal</td>
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<tr>
<td><strong>LECTURE 4:</strong></td>
<td>Caring for the caregiver</td>
<td></td>
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<tr>
<td><strong>LECTURE 5:</strong></td>
<td>Ambiguous loss</td>
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### Summary Tables of Activities

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<tbody>
<tr>
<td><strong>Workshop Intimacy, sexuality and cognitive disorders</strong></td>
<td>First aid: intervening effectively with a client living with a NDC.</td>
<td>In person</td>
<td>Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal</td>
<td>Bilingual</td>
<td>On request</td>
<td>$135</td>
</tr>
<tr>
<td></td>
<td>Train your team now! For residence's workers</td>
<td>In person</td>
<td>Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal</td>
<td>Bilingual</td>
<td>Contact us</td>
<td>$540</td>
</tr>
<tr>
<td></td>
<td>Train your residents and their caregivers now!</td>
<td>In person</td>
<td>At your residence</td>
<td>French or English, as required</td>
<td>On request</td>
<td>Contact us</td>
</tr>
<tr>
<td></td>
<td>Better Interventions through learning</td>
<td>In person</td>
<td>In person at the Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal</td>
<td>French</td>
<td>8:30 a.m. to 5 p.m. June 6 and 7</td>
<td>$540 for all 4 modules Includes participant’s workbook</td>
</tr>
<tr>
<td></td>
<td>Coaching for professionals who are deserving people living with a neurocognitive disorder</td>
<td>In person</td>
<td>Personalized approach in your organization</td>
<td>French or English, as required</td>
<td>on request</td>
<td>$125/h</td>
</tr>
</tbody>
</table>

For more information and to register for our workshops and training sessions, contact our educational department: 514-369-0800 | education@alzheimermontreal.ca
## SERVICES FOR ALL

<table>
<thead>
<tr>
<th>Activity</th>
<th>2024 Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>IG Wealth Management Walk for Alzheimer’s</td>
<td>Join in the festivities of the 20th edition of the IG Wealth Management Walk for Alzheimer’s with the Alzheimer Society of Montreal team! This year, WHO are you walking for? <strong>It’s a date, May 26, 2024!</strong> <a href="https://alzheimermontreal.ca/marche-alzheimer/">REGISTRATION: https://alzheimermontreal.ca/marche-alzheimer/</a></td>
</tr>
<tr>
<td>Hector “Toe” Blake Celebrity Golf Tournament</td>
<td>Save the date! <strong>It’s a date, August 29, 2024!</strong> <a href="https://alzheimermontreal.ca/marche-alzheimer/">St-Raphaël Golf Club INFORMATION: https://alzheimermontreal.ca/marche-alzheimer/</a></td>
</tr>
<tr>
<td>AGM 2024</td>
<td>The Annual General Meeting will be held Thursday, June 13, 2024 from 3:30 to 4:30 p.m. at Centre culturel Georges-Vanier 2450 Workman Street, Montreal, Quebec H3J 1L8 To attend the AGM 2024, please confirm your registration at <a href="mailto:info@alzheimermontreal.ca">info@alzheimermontreal.ca</a> <strong>We look forward to welcoming you on June 13!</strong></td>
</tr>
<tr>
<td>Exhibition of artworks created by caregivers participating in art therapy workshops at the Alzheimer Society of Montreal.</td>
<td>&quot;Fragments: Tales of caregivers&quot; Georges-Vanier Cultural Centre 2450, Workman St., Montreal, H3J 1L8 Dates: Friday, June 14, from 1 p.m. to 5 p.m. Saturday, June 15, from 10 a.m. to 3 p.m.</td>
</tr>
</tbody>
</table>