

FALL PROGRAM

SEPTEMBER TO DECEMBER 2024



Artwork by Gisèle, participant to the art therapy sessions at the Alzheimer Society of Montreal

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.

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
CLAM (Carrefour de Liaison et d'aide Multiethnique)	7200 Hutchison, suite 300, Montreal, H3N 1Z2
CRC West-Island	114 Donegani Ave, Pointe Claire, H9R 2V4
Demeures Sainte-Croix	1225 Sainte-Croix Ave, Montreal, H4L 3Z2
Dollard-Des-Ormeaux Seniors Club	12001 Salaberry Blvd, Dollard-des-Ormeaux, H9B 2A7
GASO (Groupe des Aidants du Sud-Ouest)	7475 Newman Blvd, Montreal, H8N 2K3
J.-Henri Charbonneau CHSLD	3095 Sherbrooke E Street. Montreal, H1W 1B2
Le Chez Nous de Mercier-Est	7958 Hochelaga Street, Montreal, H1L 2K8
Le Vertical Residence	15950 Notre Dame E Street, Rivière-des-Prairies – Pointe-aux-Trembles, H1A 1X6
Mainbourg Corporation	14115 Prince-Arthur Street, Montreal, H1A 1A8
Montreal Geriatric University Institute (MGUI)	4565 Chemin Queen Mary, Montreal, H3W 1W5
Plateau Center	2275 Saint-Joseph East Blvd, Montreal, H2H 1G4
René-Cassin CLSC	58000 Cavendish Blvd, Côte Saint-Luc, H4W 2T5
Rivière-des-Prairies Library	9001, boul. Perras, Montreal, H1E 3J7
Sainte-Anne Hospital	305 Anciens-Combattants Blvd, Sainte-Anne-de-Bellevue, H9X 1Y9
The Teapot 50+	2901 Saint-Joseph Blvd, Lachine, H8S 4B7
Vers Vous Volunteer Service Center	8042 Saint-Hubert Street, Montreal, H2R 2P3

*Please note that our list of satellite offices is constantly evolving. Contact us to find out which offices are currently active.

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

FINANCÉ PAR



lappuimontreal.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.	Contact us: 514-369-0800 info@alzheimermontreal.ca

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	
Tuesday, 6:30 to 8:30 p.m. November 5 to December 10	Friday, 2 to 4 p.m. September 27 to November 1st

ONLINE GROUPS – ON ZOOM	
FRENCH	ENGLISH
Thursday, 6:30 to 8:30 p.m. September 19 to October 24	Tuesday, 6:30 to 8:30 p.m. November 5 to December 10
AND	AND
Tuesday, 6:30 to 8:30 p.m. October 29 to December 3rd	Monday, 1:30 to 3:30 p.m. November 11 to December 16

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 2024 to June 2025.

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

Please note that groups currently meet remotely, though an in-person option is also available. However, we ask you to choose a location and time slot that will work for you once in-person groups start up again.

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



SERVICES FOR CAREGIVERS



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. October 7 to December 16	Monday, 6:30 to 8 p.m. September 23rd to December 2nd

FOR SPOUSE/PARTNER — ONLINE, ZOOM	
FRENCH – every 2 weeks	ENGLISH – every 2 weeks
Thursday 10 to 11:30 a.m. September 26 to December 5	Thursday 1:30 to 3 p.m. October 3rd to December 12

To register, please click on the link below and complete the form:
<https://forms.gle/CDGqGU5gjozTjvFs7>

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. September 17 to December 3rd	Thursday 10 a.m. to 12 p.m. September 19 to December 5

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](tel: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

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
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CRC West-Island	114 Donegani Ave, Pointe Claire, H9R 2V4
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Dollard-Des-Ormeaux Seniors Club	12001 Salaberry Blvd, Dollard-des-Ormeaux, H9B 2A7
GASO (Groupe des Aidants du Sud-Ouest)	7475 Newman Blvd, Montreal, H8N 2K3
J.-Henri Charbonneau CHSLD	3095 Sherbrooke E Street. Montreal, H1W 1B2
Le Chez Nous de Mercier-Est	7958 Hochelaga Street, Montreal, H1L 2K8
Le Vertical Residence	15950 Notre Dame E Street, Rivière-des-Prairies – Pointe-aux-Trembles, H1A 1X6
Mainbourg Corporation	14115 Prince-Arthur Street, Montreal, H1A 1A8
Montreal Geriatric University Institute (MGUI)	4565 Chemin Queen Mary, Montreal, H3W 1W5
Plateau Center	2275 Saint-Joseph East Blvd, Montreal, H2H 1G4
René-Cassin CLSC	58000 Cavendish Blvd, Côte Saint-Luc, H4W 2T5
Rivière-des-Prairies Library	9001, boul. Perras, Montreal, H1E 3J7
Sainte-Anne Hospital	305 Anciens-Combattants Blvd, Sainte-Anne-de-Bellevue, H9X 1Y9
The Teapot 50+	2901 Saint-Joseph Blvd, Lachine, H8S 4B7
Vers Vous Volunteer Service Center	8042 Saint-Hubert Street, Montreal, H2R 2P3

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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.

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](tel:514-369-0800) | info@alzheimermontreal.ca



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L'APPU POUR LES
PROCHES AIDANTS
D'AINÉS
MONTREAL

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SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER AND THEIR CAREGIVERS

FINANCÉ PAR

L'APPUÏ POUR LES PROCHES AIDANTS D'AINÉS
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 Saturday Activity Centres will be closed on December 28, 2024 and January 4, 2025. They will reopen on January 11, 2025.

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!**



SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER AND THEIR CAREGIVERS

PERMANENT ACTIVITY CENTRE OF THE ALZHEIMER SOCIETY OF MONTREAL

*Places available!
Contact us!*



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.

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 FFMSQ 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. | September 16 to December 16



SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER AND THEIR CAREGIVERS

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

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. | September 12 to December 19
(pause on October 3rd and 10)



SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER AND THEIR CAREGIVERS

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](tel: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. September 18 to December 18



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
1380 Sherbrooke West Street

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

September 18,
October 16,
November 20
and December 18



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.



SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER AND THEIR CAREGIVERS

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	
Westmount Public Library — 4574 Sherbrooke Street West, Montreal	
BILINGUAL	
Tuesday 1 to 3 p.m. September 17 to November 26	Friday 10:30 a.m. to 12:30 p.m. September 20 to November 29



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

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

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

1 hour

**Learning to interact
and intervene better**
with individuals living
with neurocognitive
disorders

3 hours

**Creating an enriching
living environment**
to prevent and
support person-
centered care

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

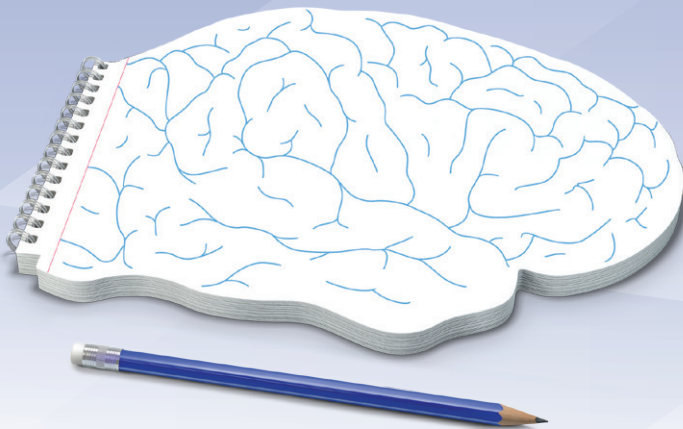
To reserve the services of a qualified trainer in your residence, please contact:

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!

FRENCH: September 19 and 20 in person, 8:30 a.m. to 5 p.m.

ENGLISH: November 20 and 21 in person, 8:30 a.m. to 5 p.m.

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.

For more information

cchoplet@alzheimermontreal.ca

514 369-0800

SERVICES FOR PROFESSIONALS AND ORGANIZATIONS

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

MONTREAL BENEVA MARATHON

At the request of numerous fellow citizens who care about our cause, the Alzheimer Society of Montreal is thrilled to participate again this year in the charitable component "**From the Heart to the Finish Line**" of the Montreal Beneva Marathon, **from Friday September 20th to Sunday, September 22nd**. Through the "From the Heart to the Finish Line" program, the Montreal Beneva Marathon takes pride in supporting charitable organizations by leveraging its various races, platforms, and visibility to further their fundraising efforts.

As a participant, you can make a difference. During your registration, we will offer you the opportunity to make a donation to the **Alzheimer Society of Montreal**. You can also maximize your contribution by choosing to run on behalf of this cause and raise funds from your network, all thanks to an automatically created fundraising page during your registration. The online donation platform is already available.

Don't wait any longer, visit our account and make a donation to our teams and participants!

As a reminder, the Montreal Marathon is a story of challenges and successes, a vision of a healthy community, and a family affair driven by the passion for sports and its unwavering values. Founded in 1979 by renowned sports journalist Serge Arseneault, the Montreal International Marathon will celebrate its 32nd edition this year.



LACHINE HALF MARATHON

Once again this year, the organization of the Lachine Half Marathon is very pleased to renew its commitment. The Half Marathon is organized by the Lachine-Dorval Running Club and it is its eighth edition.



In addition to encouraging the population of Lachine and the surrounding areas to lace up their running shoes, train, and push their limits in one of the five proposed distances, the organizers have partnered with three causes dear to them. The event's profits will be donated to three organizations, including the Alzheimer Society of Montreal to assist people living with a neurocognitive disorder.

Their goal is to support the three charitable organizations by utilizing their various races, platforms, and visibility in service of their fundraising efforts. We invite you to visit the Alzheimer Society of Montreal's fundraising page for this event, which will take place on **Sunday, October 6, 2024.**

Create your fundraising team on this platform now and set your goal. This year, help us reach the target of \$15,000!

To register as a runner, please visit the Lachine Half Marathon website:
www.demimarathonlachine.com

*Thank you from the bottom of our hearts for
your incredible mobilization!*

Soci t  Alzheimer Society
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



Employment and
Social Development Canada

Emploi et
D veloppement social Canada

SUMMARY TABLES OF ACTIVITIES

SERVICES FOR CAREGIVERS					
Activity	Format	Location	Language	2024 Schedule	Cost
Intake and referrals and the Counselling Network	Hybrid	Zoom or Société Alzheimer de Montréal 4505, rue Notre-Dame Ouest, Montréal 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-Des-Ormeaux Seniors Club GASO (Groupe des Aidants du Sud-Ouest) J.-Henri Charbonneau CHSLD Le Chez Nous de Mercier-Est Le Vertical Residence Mainbourg Corporation Montreal Geriatric University Institute (MGUI) Plateau Center René-Cassin CLSC Rivière-des-Prairies Library Sainte-Anne Hospital The Teapot 50+ Vers Vous Volunteer Service Center	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	Tuesday, 6:30 to 8:30 p.m. November 5 to December 10	\$60 per six-week session
				Friday, 2 to 4 p.m. September 27 to November 1st	
	Virtual	Zoom	French	Thursday, 6:30 to 8:30 September 19 to October 24	
				Tuesday, 6:30 to 8:30 p.m. October 29 to December 3rd	
English	Tuesday, 6:30 to 8:30 p.m. November 5 to December 10				
	Monday, 1:30 to 3:30 p.m. November 11 to December 16				

SUMMARY TABLES OF ACTIVITIES

SERVICES FOR CAREGIVERS					
Activity	Format	Location	Language	2024 Schedule	Cost
				September 2024 to June 2025	
Monthly support groups	In person and virtual	For more informations and registration : 514 369-0800 education@alzheimermontreal.ca			\$60 per six-week session
The sharing room	On line	For kids every 2 weeks	French	Thursday, 10 to 11:30 a.m. September 26 to December 5	Free
			English	Monday, 6:30 to 8 p.m. September 23rd to December 2nd	
		For spouse/partner every 2 weeks	French	Monday, 6:30 to 8 p.m. October 7 to December 16	
			English	Monday, 6:30 to 8 p.m. September 23rd to December 2nd	
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 September 17 to December 3rd	Free
				Thursday, 10 a.m. to 12 p.m. September 19 to December 5	

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.)
	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 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-Des-Ormeaux Seniors Club GASO (Groupe des Aidants du Sud-Ouest) J.-Henri Charbonneau CHSLD Le Chez Nous de Mercier-Est Le Vertical Residence Mainbourg Corporation Montreal Geriatric University Institute (MGUI) Plateau Center René-Cassin CLSC Rivière-des-Prairies Library Sainte-Anne Hospital The Teapot 50+ Vers Vous Volunteer Service Center	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	In person	At home	Bilingual	Upon request	Based on income
Saturday activity centres Closed on December 28, 2024 and January 4, 2025. Reopening on January 11, 2025.	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	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. September 16 to December 16	Free
Guided yoga and relaxation	Hybrid	Zoom or Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	Bilingual	Thursdays 10:30 to 11:45 a.m. September 12 to December 19 (pause on October 3rd and 10)	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. September 18 to December 18	Free
Art Links with the Montreal Museum of Fine Arts	In person	Montreal Museum of Fine Arts, 1380 Sherbrooke West Street, Montreal	Bilingual	3 rd Wednesday of the month, 1:30 to 4 p.m. September 18, October 16, November 20 and December 18	Free
Tales and Travels	In person	Westmount Public Library 4574 Sherbrooke West Street, Montreal	Bilingual	Tuesday, 1 to 3 p.m. September 17 to November 26 AND Friday, 10:30 a.m. to 12:30 p.m. September 20 to November 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 ncd.	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	contact us
	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	Alzheimer Society of Montreal 4505 Notre-Dame Street West, Montreal	French	8:30 a.m. to 5 p.m. September 19 and 20	Cost: \$540 for all 4 modules, including the participant's booklet
				English	8:30 a.m. to 5 p.m. November 20 and 21st	
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	Description	2024 Schedule
Montreal Beneva Marathon	<p>the charitable component "From the Heart to the Finish Line" of the Montreal Beneva Marathon, from Friday, September 20 to Sunday, September 22, 2024.</p> <p>Don't wait any longer, visit our account and make a donation to our teams and participants!</p>	
Lachine Half Marathon	<p>The Half Marathon is organized by the Lachine-Dorval Running Club</p> <p>This event, which will take place on Sunday, October 6, 2024.</p> <p>To register as a runner, please visit the Lachine Half Marathon website: www.demimarathonlachine.com</p>	