

# SPRING / SUMMER PROGRAM

## APRIL TO AUGUST 2025



Artwork by Pierre M., participant in the Alzheimer Society of Montreal's art therapy workshops.

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](http://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](mailto: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
CLAM (Carrefour de liaison et d'aide multiethnique)	7200, Hutchison, suite 300, Montréal, H3N 1Z2
CRC West Island	114 Donegani Ave, Pointe Claire, H9R 2V4
Demeures Sainte-Croix	1225, avenue Sainte-Croix, Montréal, H4L 3Z2
Dollard Seniors Club (*Temporarily closed due to a water break.)	12001 Salaberry Blvd, Dollard-des-Ormeaux, H9B 2A7
Friends for mental health	25, Ave Fieldfare, Beaconsfield, H9W 4W4
GASO (Groupe des aidants du sud-ouest)	7475, Newman blvd, Montreal, H8N 2K3
Institut universitaire de gériatrie de Montréal	4565, Chemin Queen Mary, Montréal, H3W 1W5
J.-Henri Charbonneau	3095, rue Sherbrooke E. Montréal, H1W 1B2
Le Chez Nous de Mercier-Est	7958, Hochelaga St., Montreal, H3W 1W5
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
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+ Centre	2901 Saint-Joseph Blvd, Lachine, H8S 4B7
Vers Vous	8042, rue Saint-Hubert, Montréal, H2R 2P3
Résidence Le Vertical	15950, rue Notre Dame E, Rivière-des-Prairies – Pointe-aux-Trembles, H1A 1X6

\*Please note that our list of satellite offices is constantly evolving. Contact us to get the updated list.

Connect with a counsellor now:  
514-369-0800 | [info@alzheimermontreal.ca](mailto:info@alzheimermontreal.ca)

FINANCÉ PAR



[lappuimontreal.org](http://lappuimontreal.org)

# SERVICES FOR CAREGIVERS

## ABOUT SUPPORT GROUPS FOR CAREGIVERS

<b>WHO</b> should attend these groups?	Caregivers who are supporting a person living with a neurocognitive disorder at home or remotely.
<b>WHO</b> facilitates the groups?	Professional and qualified facilitators.
<b>WHY</b> 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>
<b>WHERE</b> 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>
<b>HOW</b> 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](mailto:info@alzheimermontreal.ca)

IN-PERSON GROUPS	
Alzheimer Society of Montreal — 4505, Notre-Dame Street West, Montreal	
FRENCH	ENGLISH
Friday, 2 to 4 p.m. April 25th to May 30th  AND  Tuesday, 2 to 4 p.m. August 5th to September 16th	Wednesday, 6:30 to 8:30 p.m. June 11th to July 16th

ONLINE GROUPS – ON ZOOM	
FRENCH	ENGLISH
Tuesday, 6:30 to 8:30 p.m. May 13th to June 17th July 15th to August 19th  AND  Thursday 6:30 to 8:30 p.m. June 19th to July 24th	Thursday 1:30 to 3:30 p.m. May 1st to June 5th

*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).

For more information or to register: 514-369-0800 | [info@alzheimermontreal.ca](mailto:info@alzheimermontreal.ca)

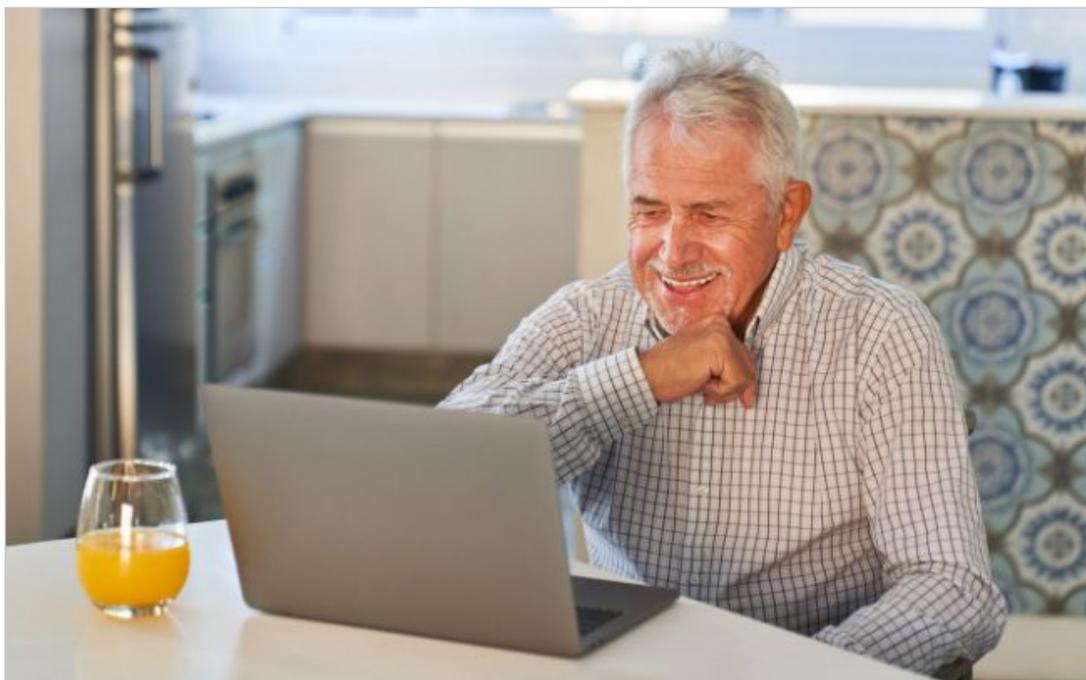


# SERVICES FOR CAREGIVERS



## 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.



CAREGIVERS OF A PARENT — ONLINE, ZOOM	
FRENCH	ENGLISH
Monday 6:30 to 8:30 p.m. July 14th to August 18th	Wednesday 6:30 to 8 p.m. April 23rd to May 28th

FOR SPOUSE/PARTNER — ONLINE, ZOOM	
FRENCH	ENGLISH
Thursday 10 to 11:30 a.m. May 1st to June 5th	Thursday 1 to 2:30 p.m. June 12th to July 17th

To register, please click on the link below and complete the form:  
<https://docs.google.com/forms/d/e/1FAIpQLScy4qOBCf5Xq8CKawF8jfv8lZD5RBWRhLPfXKKpn2x3qqgqQ/viewform?usp=dialog>

## 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](mailto: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](mailto:accueil@alzheimermontreal.ca)**

### Counselling-Network’s Points of Services\*

Baluchon long term respite	10138 Lajeunesse Street, Montreal, H3L 2E2
CLAM (Carrefour de liaison et d'aide multiethnique)	7200, Hutchison, suite 300, Montréal, H3N 1Z2
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Friends for mental health	25, Ave Fieldfare, Beaconsfield, H9W 4W4
GASO (Groupe des aidants du sud-ouest)	7475, Newman blvd, Montreal, H8N 2K3
Institut universitaire de gériatrie de Montréal	4565, Chemin Queen Mary, Montréal, H3W 1W5
J.-Henri Charbonneau	3095, rue Sherbrooke E. Montréal, H1W 1B2
Le Chez Nous de Mercier-Est	7958, Hochelaga St., Montreal, H3W 1W5
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
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+ Centre	2901 Saint-Joseph Blvd, Lachine, H8S 4B7
Vers Vous	8042, rue Saint-Hubert, Montréal, H2R 2P3
Résidence Le Vertical	15950, rue Notre Dame E, Rivière-des-Prairies – Pointe-aux-Trembles, H1A 1X6

\*Please note that our list of satellite offices is constantly evolving. Contact us to get the updated list.

# 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 | [info@alzheimermontreal.ca](mailto: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.



FINANCÉ PAR

**L'APPU** POUR LES  
PROCHES AIDANTS  
D'ÂINÉS  
MONTRÉAL

[lappuimontreal.org](http://lappuimontreal.org)

# SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER AND THEIR CAREGIVERS

FINANCÉ PAR

**L'APPUÏ** POUR LES PROCHES AIDANTS D'AINÉS  
MONTREAL

[lappuimontreal.org](http://lappuimontreal.org)

## SATURDAY ACTIVITY CENTRES

Funded by l'Appui pour les proches aidants.

The Alzheimer Society of Montreal has two activity centres located in Ahuntsic 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.

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



*Please note that the Saturday Activity Centers in Ahuntsic and St-Henri will be closed for 4 Saturdays, on June 28th, as well as July 5th, 12th and 19th.*

*Please note that the Lachine Saturday activity center will be permanently closed as of March 30, 2025.*

## PERMANENT ACTIVITY CENTRE OF THE ALZHEIMER SOCIETY OF MONTREAL

*The Permanent Activity Center is now offering a waiting list for families interested in the service. If you wish to be added to the waiting list, please contact us. Our professional team will contact you shortly.*



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.

IN PERSON		
Alzheimer Society of Montreal — 4505 Notre-Dame Street West, Montreal		
FRENCH	ENGLISH	BILINGUAL
Thursday From 10 a.m. to 3 p.m.	Tuesday From 10 a.m. to 3 p.m.	Wednesday From 10 a.m. to 3 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](mailto:info@alzheimermontreal.ca)**

# 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](mailto:info@alzheimermontreal.ca)

ONLINE – ZOOM

BILINGUAL

Mondays 10:30 to 11:30 a.m. | April 28th to August 18th



# 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](mailto: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. – April 10th to August 28th (break on April 24th)



# 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.

This winter, two different groups will be created with the participants:

**Group 1:** Caregivers of a person living with a neurocognitive disorder. Please refer to the schedule below.

**Groupe 2:** Dance in duo (for people living with a neurocognitive disorder and their caregiver). More information to come regarding the schedule. If interested, please contact us.

**COST:** Free. No experience required.

**For more information or to register:** 514-369-0800 | [info@alzheimermontreal.ca](mailto:info@alzheimermontreal.ca)

IN PERSON
Édifice Wilder Espace Danse — 1435, de Bleury Street, 4 <sup>th</sup> floor, Montreal
BILINGUAL
Wednesdays 1:45 to 2:45 p.m. – April 30th to June 25th

CENTRE NATIONAL DE  
DANSE-THÉRAPIE



## 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](mailto: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.  
April 16th and  
June 18th



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



Example of artistic work made during Art Links visits.

# 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](mailto:dmiguez@westmount.org)

IN PERSON	
Westmount Public Library — 4574 Sherbrooke Street West, Montreal	
BILINGUAL	
Tuesday 1 to 3 p.m. January 28th to June 3rd	Friday 10:30 a.m. to 12:30 p.m. January 31st to June 6th (break on April 18th)



## PUBLIC LECTURES

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

Lecture on the risk and protection factors, warning signs and progression of Alzheimer's Disease.

Discover how the Alzheimer Society of Montreal's services can help you.

### LECTURE 2 : 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 living with the disease.

The speaker will provide participants with a tool box for optimizing time spent together.

### LECTURE 4 : CARING FOR THE CAREGIVER

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

Caregivers, family members 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 1 hour and a half session, including question period (plus administration and travel fees)

**WHERE:** In person or via videoconference

**LANGUAGE:** French or English, as needed

**For more information and to register, please contact:**

**French :** Sarah Errou – [serrou@alzheimermontreal.ca](mailto:serrou@alzheimermontreal.ca)

**English :** Tamara Ciorra – [tciorra@alzheimermontreal.ca](mailto:tciorra@alzheimermontreal.ca)

## MY RESIDENCE TRAINING PATHWAY: TRAIN YOUR TEAMS NOW, AND THEN, YOUR RESIDENTS AND CAREGIVERS



### My residence training pathway in my living environment:

**Identifying early signs**  
for detecting the onset of neurocognitive disorders in residents of senior residences

**1 hour and 30 minutes**

**Learning to improve interactions and interventions** with individuals living with neurocognitive disorders

**3 hours**

**Intervening and preventing** responsive behaviors and animate a living environment

**3 hours**

#### **\*\*New!**

For our residents and caregivers, better understanding Alzheimer's disease, identifying signs and winning communication strategies.

**1 hour 30 minutes**

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

**AUDIENCE:** Employees of senior residences, residents and their caregivers.

**LOCATION:** The training takes place directly in your residence!

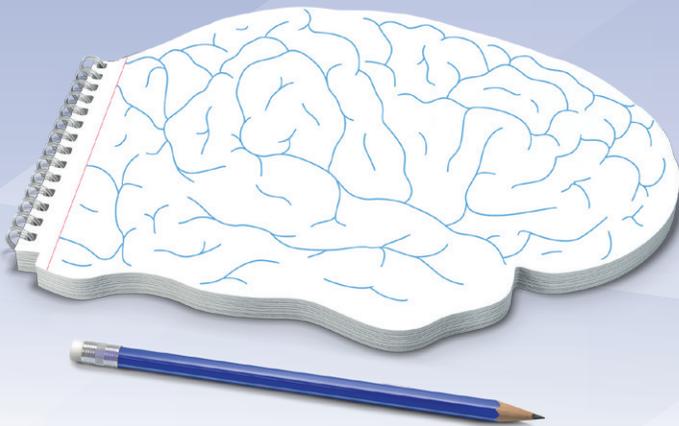
**LANGUAGES :** French and English

**For more information and to register, please contact:**

**French :** Sarah Errou – [serrou@alzheimermontreal.ca](mailto:serrou@alzheimermontreal.ca)

**English :** Tamara Ciorra – [tciorra@alzheimermontreal.ca](mailto:tciorra@alzheimermontreal.ca)

## 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!

**IN PERSON** – 8:30 a.m. to 5 p.m.

**FRENCH:** June 4th and 5th

**ENGLISH:** May 13th and 14th

**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

**English:** Tamara Ciorra  
tciorra@alzheimermontreal.ca

**French:** Sarah Errou  
serrou@alzheimermontreal.ca

514 369-0800

**Alzheimer Society**  
MONTREAL

**TO GO FURTHER**



Once you've completed our professional training, you can choose to go further with our specialized topics as workshops.

**Workshop 1: Intimacy, sexuality and neurocognitive disorders**

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

**3 hours**  
**\$135 per participant**

**Workshop 2: Person-centered non-pharmacological approaches to stimulate and better intervene**

This workshop will suggest person-centered, non-pharmacological approaches to support people living with a neurocognitive disorder.

**1 hour and 30 minutes**  
**\$75 per participant**

IN PERSON — ENGLISH*	
4505, Notre-Dame Street West, Montreal	
September 24th	
Workshop 1 — 9 a.m. to 12 p.m.	Workshop 2 — 1 p.m. to 2:30 p.m.

\* Workshops available in French on October 1st

**AUDIENCE:** Health care professionals and organizations

**For more information and to register, please contact:**

**French :** Sarah Errou – [serrou@alzheimermontreal.ca](mailto:serrou@alzheimermontreal.ca)

**English :** Tamara Ciorra – [tciorra@alzheimermontreal.ca](mailto:tciorra@alzheimermontreal.ca)

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



The Educational service offers coaching for you, your team or your organization.

The compassion and expertise of our counsellors will be a valuable asset to facilitate the support of your staff to progress towards your organizational goals and resident care objectives.

**TARGET AUDIENCE:** All members of your team who accompany people living with a neurocognitive disorder.

**COST:** \$125 per hour

**LOCATION:** personalized approach in your organization

**For more information and to book coaching services:**

**French :** Sarah Errou – [serrou@alzheimermontreal.ca](mailto:serrou@alzheimermontreal.ca)

**English :** Tamara Ciorra – [tiorra@alzheimermontreal.ca](mailto:tiorra@alzheimermontreal.ca)

*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](mailto:info@alzheimermontreal.ca)

[alzheimermontreal.ca](http://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

SERVICES FOR ALL

**IG** WEALTH  
MANAGEMENT  
**WALK FOR  
ALZHEIMER'S**

*Soci t *  
**Alzheimer**  
*Society*  
MONTREAL

# WALK *for* Alzheimer's

A new course at Parc Angrignon! 

**Saturday  
May 24th, 2025**

SAVE THE DATE



**COME AND WALK FOR THE CAUSE OF ALZHEIMER'S  
AND NEUROCOGNITIVE DISORDERS**

## SUMMARY TABLES OF ACTIVITIES

SERVICES FOR CAREGIVERS					
Activity	Format	Location	Language	2025 Schedule	Cost
<b>Weekly groups – Support and information</b>	In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	French	Friday 2 to 4 p.m. April 25th to May 30th AND Tuesday 2 to 4 p.m. August 5th to September 16th	\$60 per six-week session
			English	Wednesday 6:30 to 8:30 June 11th to July 16th	
	Virtual	Zoom	French	Tuesday 6:30 to 8:30 p.m. May 13th to June 17th July 15th to August 19th	
			English	Thursday 6:30 to 8:30 p.m. June 19th to July 24th  Thursday 1:30 to 3:30 p.m. May 1st to June 5th	
<b>Intake and referrals and the Counselling Network</b>	Hybrid Bilingual	Zoom or in person Société Alzheimer de Montréal — 4505, rue Notre-Dame Ouest, Montréal Baluchon long term respite CLAM (Carrefour de liaison et d'aide multiethnique) CRC West Island Demeures Sainte-Croix Dollard Seniors Club (*Temporarily closed due to a water break.) Friends for mental health GASO (Groupe des aidants du sud-ouest) Institut universitaire de gériatrie de Montréal J.-Henri Charbonneau Le Chez Nous de Mercier-Est Mainbourg Corporation Plateau Centre René-Cassin CLSC Rivière-des-Prairies Library Sainte-Anne Hospital The Teapot 50+ Centre Vers Vous Résidence Le Vertical			Free

## SUMMARY TABLES OF ACTIVITIES

SERVICES FOR CAREGIVERS					
Activity	Format	Location	Language	2025 Schedule	Cost
				September 2024 to June 2025	
<b>Monthly support groups</b>	In person and virtual	For more informations and registration : 514 369-0800   <a href="mailto:education@alzheimermontreal.ca">education@alzheimermontreal.ca</a>			\$60 per six-week session
<b>The sharing room</b>	On liine	<b>For spouse/partner</b>	French	Thursday 10 to 11:30 a.m. May 1st to June 5th	Free
			English	Thursday 1 to 2:30 p.m. June 12th to July 17th	
		<b>For adult children</b>	French	Monday 6:30 to 8:30 p.m. July 14th to August 18th	
			English	Wednesday 6:30 to 8 p.m. April 23rd to May 28th	

## SUMMARY TABLES OF ACTIVITIES

### SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER

Activity	Format	Location	Language	2025 Schedule	Cost
<b>Art therapy</b>	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.	
<b>Individual consultations</b>	Hybrid	Zoom or in person Société Alzheimer de Montréal 4505, rue Notre-Dame Ouest, Montréal  <b>Satellite offices:</b> Baluchon long term respite CLAM (Carrefour de liaison et d'aide multiethnique) CRC West Island Demeures Sainte-Croix Dollard Seniors Club (*Temporarily closed due to a water break.) Friends for mental health GASO (Groupe des aidants du sud-ouest) Institut universitaire de gériatrie de Montréal J.-Henri Charbonneau Le Chez Nous de Mercier-Est Mainbourg Corporation Plateau Centre René-Cassin CLSC Rivière-des-Prairies Library Sainte-Anne Hospital The Teapot 50+ Centre Vers Vous Résidence Le Vertical	Bilingual	Upon request	Free

## SUMMARY TABLES OF ACTIVITIES

### SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDERS AND THEIR CAREGIVERS

Activity	Format	Location	Language	2025 Schedule	Cost
<b>In-home respite and stimulation program</b>	In person	At home	Bilingual	Upon request	Based on income
<b>Saturday activity centres</b> Please note that the Saturday Activity Centers in Ahuntsic and St-Henri will be closed for 4 Saturdays, on June 28th, as well as July 5th, 12th and 19th. The Lachine Saturday Activity Center will be permanently closed as of March 30, 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
<b>Permanent Activity Centre of the Alzheimer Society of Montreal</b> The Permanent Activity Center is now offering a waiting list for families interested in the service. If you wish to be added to the waiting list, please contact us. Our professional team will contact you shortly.	In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	French	Thursday 10 a.m. to 3 p.m.	For more information, contact us at <b>514-369-0800</b> or by email at <b>info@alzheimermontreal.ca</b>
			English	Tuesday 10 a.m. to 3 p.m.	
			Bilingual	Wednesday 10 a.m. to 3 p.m.	
<b>Laughter yoga</b>	On line	Zoom	Bilingual	Mondays 10:30 to 11:30 a.m. April 28th to August 18th	Free
<b>Guided yoga and relaxation</b>	Hybrid	Zoom or Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	Bilingual	Thursdays 10:30 to 11:45 a.m. April 10th to August 28th (break ok April 24th)	Free
<b>Creative Dance with Les Grands Ballets Canadiens</b>	In person	Édifice Wilder Espace Danse 1435 de Bleury Street, 4 <sup>th</sup> floor, Montreal	Bilingual	Wednesday 1:45 to 2:45 p.m. April 30th to June 25th	Free
<b>Art Links with the Montreal Museum of Fine Arts</b>	In person	Montreal Museum of Fine Arts, 1380 Sherbrooke West Street, Montreal	Bilingual	3 <sup>rd</sup> Wednesday of the month, 1:30 to 4 p.m. April 16th and June 18th	Free
<b>Tales and Travels</b>	In person	Westmount Public Library 4574 Sherbrooke West Street, Montreal	Bilingual	Tuesday 1 to 3 p.m. January 28th to June 3rd AND Friday 10:30 a.m. to 12:30 p.m. January 31st to June 6th (break on April 18th)	Free for members of the Westmount Public Library.

## SUMMARY TABLES OF ACTIVITIES

### EDUCATIONAL SERVICES: FOR PROFESSIONALS AND ORGANIZATIONS

Activity	Description	Format	Location	Language	Cost
<b>PUBLIC LECTURES</b>	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 hour and a half session (including question period)
	LECTURE 2: 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	2025 Schedule	Cost
For more information and to register for our workshops and training sessions, contact our educational department: French: Sarah Errou, serrou@alzheimermontreal.ca — English: Tamara Ciorra, tciorra@alzheimermontreal.ca						
<b>Workshops for stakeholders health care providers</b>	<b>My residence training pathway:</b> train your teams now, and then, your residents and caregivers 	In person	At your residence	French or English, as required	on request	contact us
	<b>**New!</b> For your residents and caregivers, better understanding Alzheimer's disease, identifying signs and winning communication strategies.					
	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. June 4th and 5th	Cost: \$540 for all 4 modules, including the participant's booklet
				English	8:30 a.m. to 5 p.m. May 13th and 14th	
	<b>To go further</b> 2 workshops to improve your knowledge	In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	English	September 24th (available in French on October 1st)	Workshop 1: \$135 / participant
Workshop 2: \$75 / participant						
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	

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SERVICES FOR ALL		
Activity	Description	2024-2025 Schedule
<b>IG Wealth Management Walk for Alzheimer's</b>	<p>Create your team and join us on our brand new course at Parc Angrignon!</p> <p>Register now: <a href="https://www.jedonneenligne.org/socalzh/campagne/marche/">https://www.jedonneenligne.org/socalzh/campagne/marche/</a></p>	<p>Saturday, May 24, 2025 Parc Angrignon</p>