



"We greatly appreciate all of the wonderful work that the Alzheimer Society does to make a difference to the people and families affected by this horrible disease."

– Nicole Bradley



My parents enjoyed the Dine & Dance event. My dad was comforted by seeing so many others like he and my mum, and my mum really enjoyed the music and atmosphere.

– Daughter of mother with Alzheimer's



Telehealth

After-hours support for dementia caregivers

1-866-797-0000



Alzheimer Society
TORONTO

**20 Eglinton Avenue West, 16th Floor
Toronto, Ontario M4R 1K8**

Tel: 416-322-6560

Fax: 416-322-6656

Email: write@alz.to

www.alz.to

Charitable Business Number: 10670 5262 RR0001

Alzheimer Society
TORONTO



Free Counselling

Free Support

Free Education

Free Counselling



For People with Dementia, their Family Members and PSWs

Our free and confidential counselling provides strategies for stress reduction, knowledge, and skills to both people with dementia and their families.

Whether it's at our offices, by phone, or by email, our highly-trained social workers can help with topics such as:

- Getting a diagnosis
- Community support services
- Communication strategies
- How to reduce caregiver stress
- How to plan for the future
- How to cope with responsive behaviours

Call a social worker: 416-322-6560

Free Support



Support Groups

We facilitate support groups for people living with dementia, as well as their family caregivers and friends. By joining a support group, you can:

- Talk to others who are going through similar experiences.
- Learn more about dementia and how to cope.

Creative Therapy

Our creative therapy programs help open new pathways of understanding and communication between people with dementia and family caregivers. Join other participants in:

- Art and music therapy
- Dancing and fitness activities
- Museum tours

Free Education



Caregiver Workshops

Caregiver workshops provide family caregivers the skills necessary to care for someone with dementia. Topics include:

- Dealing with caregiver stress
- Understanding dementia
- Long-term care facilities
- Long-distance caregiving
- Communication skills

Public Education

Public education events take place at our offices, across the city and online via easily-accessible webinars. Topics include brain health and an overview of dementia.

Webinars

To attend a free webinar, visit our website at www.alz.to.