

# Alzheimer Society

T O R O N T O



**Free Counselling**  
**Free Support**  
**Free Education**

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[www.alz.to](http://www.alz.to)



## Free Counselling

### For People with Dementia and their Care Partners

Our free and confidential counselling provides strategies for stress reduction, knowledge, and skills for both people living with dementia and their care partners.

Whether it's at our offices, by phone, by email, or online, 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 Education

### Caregiver Education

Caregiver workshops and education programs provide family caregivers the knowledge and skills necessary to care for someone living with dementia.

Topics include:

- Managing caregiver stress and building resilience
- Understanding dementia
- Transitioning to long-term care facilities
- Long-distance caregiving

### Public Education

Public education events take place at our offices, across the city and online via easily-accessible webinars. Topics include:

- Brain health
- An overview of dementia

To register, visit our website [www.alz.to](http://www.alz.to)

### Training

Free training workshops are available to organizations and health care professionals.

To request a **free education workshop** contact [education@alz.to](mailto:education@alz.to)



## 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 resources for managing and coping with it

### Active Living Programs

Our Active Living programs help open new pathways of understanding and communication between people living with dementia and care partners. Join others for friendship and fun through:

- Art and music therapy
- Walking and fitness activities
- Museum tours and other events



*"We just wanted to send you a quick note of appreciation for the Date Night Friday. We had a wonderful time and felt greatly uplifted all weekend. It was so fun to feel a sense of normalcy and just have fun."*

-- Date Night Attendee



*"We are so grateful to the Alzheimer Society of Toronto and the Early Diagnosis group for their support. It is so meaningful and important for us."*

-- Support Group Attendee



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TORONTO

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