



Programs and Support

Summer/Fall 2026

A snapshot guide to the Alzheimer Society of Toronto's available Workshops, Active Living Programs, Support Groups, and Online Learning.

Programs for People Living with Dementia and their Care Partners

Active Living offers quality social recreation programs designed for individuals living with dementia, or together with their care partners in the local community. Our programs foster the creation of meaningful relationships and joyful moments in a supportive and non-judgmental environment. Our programs offer social, creative, physical and musical engagement.



Pride in our Memories

Join us for Pride in Our Memories, a 4-week art series designed to celebrate self-expression and identity through a variety of artistic mediums in a welcoming, inclusive community space.



All Joking Aside: An Improv Workshop Series

Did you know that you improvise everyday? Believe it! In Joking Aside: Improv ...with Nigel, we will take your pre-existing improv skills and use it to creatively learn, play – and most importantly – laugh. No Experience necessary. Positivity and an open mind, a must. This series is appropriate for people living with mild to moderate dementia or cognitive impairments, no background in improv, all are welcome.



Dance Fitness

This gentle, low-impact dance fitness class uses diverse music and simple dance movements to create a dynamic and energizing aerobic workout. With easy to follow moves that can be done seated or standing.



Minds in Motion

Minds in Motion® is a program that combines physical activity, with mental and social stimulation for individuals experiencing early to mid-stage Alzheimer's disease and other dementias, as well as their care partners. This program is offered once a week for 8 weeks and offers a great environment to establish new friendships with others who are living similar experiences.

Making Strides Eastend and Westend Walking Group

This is an in-person 6-part walking series in the Eastend, and the Westend of the city. Enjoy moving your body in the beauty of nature. Get your steps in and enjoy a chat with a drink in the cafe – on us!



MidTown Social

Mid-Town Social focuses on social wellness for people with Dementia and their care partners. In this series, we create purposeful connections among people who are on similar journeys while engaging in a variety of engaging activities including making art, interactive games, creative movement, cooking, meaningful conversations and more.



East End Friends

This program is an opportunity to meet like-minded people, engage in meaningful conversations, tap into your creativity and get active. This two-hour social is a great way to find your community and partake in gentle movement to great playlists. This monthly program is intended for people living with dementia and their care partners.



Music Project

The Alzheimer Society Music Project helps individuals with dementia reconnect with the soundtrack of their lives. We provide MP3 players filled with personalized music tailored to each person's unique tastes and memories. This personalized music experience can significantly benefit those living with dementia by enhancing physical and social activity, rekindling old memories, and improving sleep, mood, cognition, communication, and overall quality of life.

Support Groups

Our free support groups are facilitated by registered social workers and are offered at a variety of times throughout the week in order to accommodate the complex schedules of our clients. These groups are available to anyone impacted by dementia and provide opportunities to learn skills, develop coping strategies, and gather information that is relevant to the dementia journey.

Early Stage Support Group

This support group series aims to improve the quality of life of individuals living with early stage dementia by providing them with a safe space to discuss the emotional impact of being diagnosed and to learn and share coping strategies. Care partners are invited to attend an informal coffee hour in a separate room during the support group. Pre-screening is required.

Adult Child Support Group

This monthly open support group will provide an opportunity for care partners of a parent diagnosed with OR suspected of having cognitive impairment to come together to support each other through the caregiving experience.

Specific To The Type Of Dementia

Frontotemporal; Parkinson's and Lewy Body Dementia; Young Onset

These ongoing monthly support groups provide an opportunity for care partners of individuals living with a specific type of dementia to come together to support each other through the caregiving experience.

Cohort Specific Support Groups

Spousal Support Group; Wives Caregiver Support Group; Adult Child Caregiver Support Group

These monthly support groups offer caregivers an opportunity to connect with others in similar caregiving roles, providing a space to share experiences and support one another through the caregiving journey.

Living With Ambiguous Loss Support Group

This 4-week online caregiver support group will provide an opportunity for care partners of individuals living with dementia to come together to support each other through the caregiving experience, with a structured focus on the concept of "Ambiguous Loss."

What's First? Caregiver Support Group

This brand-new support group was designed by AST social workers in collaboration with caregivers, people experiencing cognitive changes, and various dementia specialists to offer key insight at the start of the dementia journey for the care partner. Our experience tells us that the earlier you know what you know, the better your overall caregiving journey.

LGBTQI2S+ Caregiver Support Group

This support group will provide an opportunity for LGBTQI2S+ care partners caring for individuals living with dementia to come together in an inclusive environment to support each other through the caregiving experience. Participants will decide on the focus and direction of the group, and both practical and emotional needs will be explored.

Bereavement Support Group

This 8-week online support group meets to provide participants with an opportunity to support each other through the grief and bereavement process. Both practical and emotional needs will be explored to help participants cope with a loss.



TEACH

(Training, Education, and Assistance for Caregiving at Home)
Developed by the Reitman Centre, Sinai Health System

This evidence-based program is for care partners of people living with dementia. The TEACH Program consists of 4 weekly group sessions that focuses on common caregiving themes; self-care, healthcare system navigation, relationship changes and future planning. The program coaches care partners in practical communication and coping skills, and provides an opportunity to share and learn from other care partners.

Peer Support Group For Care Partners

Our peer-led support groups provide care partners with the opportunity to discuss both practical and emotional needs related to caring for an individual diagnosed with OR suspected of having cognitive impairment.

Social Work Counselling

Social work counselling at the Alzheimer Society of Toronto is offered via a single-session, goal-oriented support model. The client and social worker generally have one comprehensive session to talk about any goals/challenges the client may have related to supporting someone living with dementia. The session starts with a brief assessment to determine the client's caregiving circumstance. The remainder of the session focuses on setting goals, answering questions and discussing challenges the client has shared. Most sessions are scheduled for up to one hour. Towards the end of that time, together the client and social worker will evaluate how many goals were set, along with how many questions and challenges were addressed. It will be determined at that time if a follow-up session is required, however, generally that is not required. The call is often followed up with the sharing of resources, as appropriate.

CARERS

(Coaching, Advocacy, Respite, Education, Relationship, Simulation)
Developed by the Reitman Centre, Sinai Health System

This 8-week in-person program is for adult child care partners of people with mid- to late-stage dementia that are living in long-term care. CARERS supports problem-solving skill development and introduces the innovative use of standardized patients – actors trained to simulate real-life situations – so that caregivers, guided by expert clinical coaches, will learn how to address communication challenges.

General Caregiver Support Group

This monthly caregiver support group provides an opportunity for care partners of individuals diagnosed with OR suspected of having cognitive impairment to come together to support each other through the caregiving experience.



Led by our social workers and education coordinators, our free dementia workshops are held on a regular basis. Ranging from focusing on the specific needs of care partners, families and friends, or individuals living with dementia, each workshop is professionally designed to meet the needs of various audiences.

Dementia Overview (Formerly Dementia 101)

This workshop will provide care partners, members of the general public, or professionals with an overview of dementia and Alzheimer's disease. It will focus on being aware of the signs and symptoms and the importance of early diagnosis.

Mindfulness and Meditation

This hands-on, interactive workshop is for care partners of people living with dementia. The overarching goal is for care partners to feel more relaxed and grounded at the end of the workshop, and to learn one or more relaxation and meditation techniques to continue to use on their own.

Care Partner Stress and Building Resilience

This workshop is designed to help care partners identify their sources of stress and develop coping strategies. The focus of the session will be on exploring the concept of resilience and ways to build care partner resilience.

Reframing Guilt and Anger in Caregiving

This workshop is to help care partners recognize and identify the causes of guilt and anger in caregiving and develop coping strategies to reframe guilt, anger and build resilience.

Care Navigation

Care Navigators support people to find local resources in their community related to dementia, caregiving, and support. They start by assessing their clients' needs, then develop an individual care plan and provide resources, and follow up regularly, providing support as needed. Care Navigators also provide education about dementia symptoms and progression, communication skills, and future care planning.

End of Life Care

This workshop is for care partners of persons in the late stage of dementia. It provides an opportunity to discuss issues regarding changes in the late stage, approaching the End-of-Life, making difficult decisions for this stage, grief and the need to take care of yourself.

Coping with Death and Grief

Losing someone who had dementia can be a unique and complex experience for those who cared for them. This workshop will explore these issues, identify various approaches to grief, and suggest ways for care partners to cope with loss.

Advanced Care Planning

This workshop will review the importance of Advance Care Planning, and the steps involved in the process, in the case where one becomes mentally incapable of making their health care decisions.

Understanding Behaviours and Supportive Communication

This workshop provides an overview of behaviours related to dementia and methods of communicating in a supportive manner. It will focus on providing participants with knowledge on how behaviours and communication can change over the course of the disease, and ways to supportively communicate with a person living with dementia.

Unpacking Denial In Dementia

The focus of the session will be on exploring the concept of denial and anosognosia, how it impacts persons with dementia and their care partners, and strategies for assisting families.

Self-Care for Care Partners

This session will discuss the concept of Self Care and the important role it plays in managing the stress associated with a caring for a person living with dementia.

Finding Joy and Humour in Caregiving

This educational workshop is for care partners of individuals living with dementia with a focus on looking at the lighter side of caregiving.



Our Public Education team enhances the capacity of healthcare professionals through dementia specific training and self-care education in an environment best suited for their needs.

Dementia Foundations

This 3-hour course is the first step in your dementia education journey. This training program is aimed at enhancing the baseline knowledge of frontline staff in caring for people with dementia. It course will provide you with foundational knowledge of dementia, enabling you to enhance your ability to provide quality care for persons with dementia.

U-First!® for Healthcare Providers

This full day certificate program is designed for staff working in various settings, including in the community, hospitals, and long-term care homes. Through dialogue and a case-based approach, participants will have more confidence in working with people with dementia.

Palliative Care for People with Dementia

This training program is aimed at enhancing the knowledge of frontline staff in caring for people with dementia using a palliative care approach. This program focuses on promoting quality of life and comfort for individuals living with dementias and their families, with particular emphasis on late stage and end of life care. Participants will explore their own beliefs around dying and how it impacts care as well as examine what a palliative care approach means through the lens of dementia.

Knowledge 2 Action (K2A) Supporting Responsive Behaviours in Dementia Care

This workshop is for healthcare providers and staff who provide direct care to people experiencing behaviour changes due to dementia or other cognitive impairment. This workshop offers participants an opportunity to build on and practise skills gained from dementia training programs (such as U-First!®). Working through a case study, participants will have an opportunity to collaborate as a team to develop a supportive action plan for a person with dementia who is experiencing responsive behaviours.

T.R.U.S.T. (The Recognition and Understanding of Sensitive Topics in Dementia Care)

TRUST is designed for staff who are working with persons living with dementia who may exhibit responsive behaviours that can be understood as hurtful or inappropriate and why they occur. Helpful strategies in addressing these behaviours and building resilience for ourselves will be discussed.

Gentle Persuasive Approaches (GPA®)

GPA is a 4-module long evidence-based certificate program designed for team members who care for older adults that display responsive behaviours associated with dementia. The goal of GPA is to encourage staff to respond respectfully, with confidence and skill to responsive behaviours associated with dementia, through a person-centred, compassionate and gentle approach.

U-First!® Advanced

U-First!® Advanced is for healthcare professionals who have previously taken part in a U-First!® for Health Care Providers course (6-hour Workshop or 3-week e-learning course) and want to enhance their skills and ability to apply the U-First!® Framework

E.A.S.E. (Education, Access, Self-Care, Empowerment)

This series of 4 workshops engages PSWs and other allied health care professionals in dementia education, giving practical tools to improve the level of care and support. Participants will feel more empowered, and emerge with strengthened abilities - a real-life approach.

Session #1 – Supporting Symptoms of Dementia

Session #2 – Supporting Responsive Behaviours

Session #3 – Tips in Supporting People with Dementia

Session #4 – TRUST - In Dementia Care

NOTE: Participants are encouraged to take the full series; however, each session is a stand-alone workshop and may be taken individually.



Dementia Friendly Communities™ Training



A Dementia Friendly Community is a place where people living with dementia and their care partners are welcomed, included and supported. It is a community that pays attention to the social and environmental needs of the person living with dementia. The Alzheimer Society of Toronto's goal is to educate the community so that our neighbourhoods are places where people living with dementia and their care partners feel valued and empowered. DFC training is designed to help organizations and groups create environments that are safe, accessible, and supportive.

Scan to see the full list of available programs, support groups, trainings and workshops.



Alzheimer Society of Toronto
20 Eglinton Avenue West, 16th Floor
Toronto ON M4R 1K8
Charitable Business Number: 10670 5262 RR0001

www.alz.to 
info@alz.to 