

# February 2026

## *février 2026*



[www.DementiaHelp.ca](http://www.DementiaHelp.ca)

The  
**Dementia  
Society**  
Ottawa and Renfrew County



La  
**Société de la  
démence**  
Ottawa et comté de Renfrew



# February 2026 | février 2026

Educational Programs | Programmes éducatifs

Name of the Event	Date and Time	Program Format	Registration
<b>Financial Information for Caregivers with Q&amp;A</b>	Thursday February 19 5:00pm to 7:00pm	Virtual	<a href="#">Learn More</a>
<b>Supporting Dementia Series</b>	Part 1: Friday February 20 Part 2: Friday February 27 10:00am - 12:00pm	Virtual	<a href="#">Learn More</a>

To register, click on the activity on the page, or visit: [DementiaHelp.ca/activities](https://DementiaHelp.ca/activities) or [DementiaHelp.ca/education](https://DementiaHelp.ca/education)

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Social Programs | Programmes sociaux

Name of the Event	Date and Time	Program Format	Registration
<b>Turquoise Virtual with Sid</b>	Mondays February 2, 9, and 23 10:30am - 12:00pm	Virtual	<a href="#">Learn More</a>
<b>Let's Get Moving with Bea Alt</b>	Tuesdays 1:00pm - 2:00pm	Virtual	<a href="#">Learn More</a>
<b>Musical Connections: Arabian Tunes - in Arabic</b>	Wednesday February 4 6:00pm - 8:00pm	Virtual	<a href="#">Learn More</a>
<b>Daisy on the Go in Renfrew County</b>	Friday February 13, 20 and 27	In-person	<a href="#">Learn More</a>

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Social Programs | Programmes sociaux

Name of the Event	Date and Time	Program Format	Registration
<b>Joyful Sound Ottawa Choir</b>	Tuesdays starting February 17 10:00am - 12:00pm	In-person	<a href="#">Learn More</a>
<b>Music and Movement</b>	Mondays starting February 23 10:30am - 12:00pm	In-person	<a href="#">Learn More</a>
<b>Connect with Obie</b>	Book a 45 minute session on our website!	In-person	<a href="#">Learn More</a>

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Name of the Event	Date and Time	Program Format	Registration
<b>Connect with Art: SPARK!</b>	Tuesday February 3 1:30pm - 3:00pm	In-Person	<a href="#">Learn More</a>
<b>Connect with Art: SPARK!@Home</b>	Monday February 9 1:00pm - 2:00pm	Virtual	<a href="#">Learn More</a>
<b>Interagir avec L'art: Rayon d'art</b>	mardi 17 février 13h30 à 15h00	En-personne	<a href="#">Apprendre Plus</a>
<b>Interagir avec L'art: Rayon d'art à la maison</b>	lundi 23 février 13h00 à 14h00	Virtuel	<a href="#">Apprendre Plus</a>

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In-Person Caregiver Support Groups

Groupe de soutien pour proches aidants en personne

Name of the Event	Date and Time	Program Format	Registration
<b>Groupe soutien pour proches aidants à Orléans</b>	mardi 3 février 10h00 à 12h00	En-personne	<a href="#">Apprendre Plus</a>
<b>In-Person Support Group in Kanata</b>	Friday February 13 10:00am - 12:00pm	In-person	<a href="#">Learn More</a>
<b>In-Person Support Group at The Dementia Society Centre</b>	Wednesday February 18 10:00am - 12:00pm	In-person	<a href="#">Learn More</a>
<b>Support Group at the Aline-Chrétien Health Hub in Orléans</b>	Thursday February 26 10:00am - 12:00pm	In-person	<a href="#">Learn More</a>

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Virtual Caregiver Support Groups

Groupe de soutien pour proches aidants virtuels

Name of the Event	Date and Time	Program Format	Registration
<b>Caregiver Support Group: Tuesdays</b>	Tuesdays 10:00am - 12:00pm	Virtual	<a href="#">Learn More</a>
<b>Caregiver Support Group: Wednesdays</b>	Wednesday February 11 and 25 6:30pm - 8:30pm	Virtual	<a href="#">Learn More</a>
<b>Caregiver Support Group: Thursdays</b>	Thursdays 1:00pm - 3:00pm	Virtual	<a href="#">Learn More</a>
<b>Long Term Care &amp; Retirement Home Support Group</b>	Wednesday February 11 2:00pm - 3:30pm	Virtual	<a href="#">Learn More</a>
<b>Young Caregiver Virtual Support Group</b>	Thursday February 19 6:30pm - 8:30pm	Virtual	<a href="#">Learn More</a>

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Renfrew County Support Groups

Groupes de soutien du comté de Renfrew

Name of the Event	Date and Time	Program Format	Registration
<b>Renfrew Coffee Club</b>	Thursday February 5 10:00am - 12:00pm	In-person	<a href="#">Learn More</a>
<b>Barry's Bay Memory Café</b>	Tuesday February 10 10:30am - 12:00pm	In-person	<a href="#">Learn More</a>
<b>Arnprior Coffee Club</b>	Tuesday February 24 10:30am - 12:00pm	In-person	<a href="#">Learn More</a>
<b>Marianhill Caregiver Support Group in Pembroke</b>	Wednesday February 18 10:30am - 12:00pm	In-person	<a href="#">Learn More</a>

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