

March 2026

mars 2026



www.DementiaHelp.ca

The
**Dementia
Society**
Ottawa and Renfrew County



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



March & April 2026 | mars et avril 2026

Educational Programs | Programmes éducatifs

Name of the Event	Date and Time	Program Format	Registration
"Care for the Caregiver" Women's Mind Matters Podcast	Listen on Youtube March 13th	Virtual	Learn More
Let's Talk About Dementia - at ACB Wellness Resource Centre	Wednesday March 25 1:00pm to 2:00pm	In-Person	Learn More
Dementia Basics - 4 part series	Wednesday April 1, 8, 15 and 22 6:00pm to 8:00pm	Virtual	Learn More

To register, click on the activity on the page, or visit: DementiaHelp.ca/activities or DementiaHelp.ca/education

Pour vous inscrire, cliquez sur l'activité sur la page, ou visitez le site DementiaHelp.ca/fr/activities/ ou DementiaHelp.ca/fr/education





March 2026 | mars 2026

Social Programs | Programmes sociaux

Name of the Event	Date and Time	Program Format	Registration
Turquoise Virtual with Sid	Mondays 10:30am - 12:00pm	Virtual	Learn More
Let's Get Moving with Bea Alt	Tuesdays 1:00pm - 2:00pm	Virtual	Learn More
Musical Connections: Arabian Tunes - in Arabic	Wednesday March 4 6:00pm - 8:00pm	Virtual	Learn More
Daisy on the Go in Renfrew County	Friday March 20 and 27	In-person	Learn More

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Social Programs | Programmes sociaux

Name of the Event	Date and Time	Program Format	Registration
Joyful Sound Ottawa Choir	Tuesdays 10:00am - 12:00pm	In-person	Learn More
Music and Movement	Mondays 10:30am - 12:00pm	In-person	Learn More
Connect with Obie	Book a 45 minute session on our website!	In-person	Learn More

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Social Programs | Programmes sociaux

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

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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
Groupe soutien pour proches aidants à Orléans	mardi 3 mars 10h00 à 12h00	En-personne	Apprendre Plus
In-Person Support Group in Kanata	Friday March 13 10:00am - 12:00pm	In-person	Learn More
In-Person Support Group at The Dementia Society Centre	Wednesday March 18 10:00am - 12:00pm	In-person	Learn More
In-Person Support Group at the Aline-Chrétien Health Hub in Orléans	Thursday March 26 10:00am - 12:00pm	In-person	Learn More

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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
Caregiver Support Group: Tuesdays	Tuesdays 10:00am - 12:00pm	Virtual	Learn More
Caregiver Support Group: Wednesdays	Wednesday March 11 and 25 6:30pm - 8:30pm	Virtual	Learn More
Caregiver Support Group: Thursdays	Thursdays 1:00pm - 3:00pm	Virtual	Learn More
Long Term Care & Retirement Home Support Group	Wednesday March 11 2:00pm - 3:30pm	Virtual	Learn More
Young Caregiver Virtual Support Group	Thursday March 19 6:30pm - 8:30pm	Virtual	Learn More

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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
Renfrew Coffee Club	Thursday March 5 10:00am - 12:00pm	In-person	Learn More
Barry's Bay Memory Café	Tuesday March 10 10:30am - 12:00pm	In-person	Learn More
Arnprior Coffee Club	Tuesday March 31 10:30am - 12:00pm	In-person	Learn More
Marianhill Caregiver Support Group in Pembroke	Wednesday March 18 10:30am - 12:00pm	In-person	Learn More

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