

August 2026

août 2026



www.DementiaHelp.ca

The
**Dementia
Society**
Ottawa and Renfrew County



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



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Social Programs | Programmes sociaux

| Name of the Event | Date and Time | Program Format | Registration |
|--------------------------------------|--|----------------|----------------------------|
| Music and Movement | Mondays 10:30am - 11:30pm no class Monday August 3rd | In-person | Learn More |
| Let's Get Moving with Bea Alt | Tuesdays 1:00pm - 2:00pm | Virtual | Learn More |
| Brunch Club | Tuesday August 4 th 10:00am - 12:00pm | In-person | Learn More |
| Arabian Tunes - in Arabic | Wednesday August 5 th 6:00pm - 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





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Social Programs | Programmes sociaux

| Name of the Event | Date and Time | Program Format | Registration |
|---------------------------------------|--|----------------|-----------------------------------|
| Turquoise <u>Live</u> with Sid | Tuesday August 25 th 2:00pm-3:00pm | In-Person | <u>Learn More</u> |
| Connect with Obie | Book a 45 minute session on our website! | In-person | <u>Learn More</u> |

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Ottawa Caregiver Support Groups

Groupe de soutien pour proches aidants en personne

| Name of the Event | Date and Time | Program Format | Registration |
|--|--|----------------|----------------------------|
| In-Person Support Group in Kanata | Friday August 14 th 10:00am - 11:30am | In-person | Learn More |
| In-Person Support Group at The Dementia Society Centre | Wednesday August 19 th 10:00am - 11:30am | In-person | Learn More |
| In-Person Support Group at the Aline-Chrétien Health Hub in Orléans | Thursday August 27 th 10:00am - 11:30am | In-person | 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 |
|---|--|----------------|-----------------------------------|
| Marianhill Caregiver Support Group in Pembroke | Wednesday August 19 th 10:00am - 11:30am | In-person | <u>Learn More</u> |

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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 August 12 th and 26 th 6:30pm - 8:30pm | Virtual | Learn More |
| Caregiver Support Group: Thursdays | Thursdays 1:00pm - 3:00pm | Virtual | Learn More |

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Special Topics Virtual Caregiver Support Groups

Groupe de soutien pour proches aidants virtuels sujets spéciaux

| Name of the Event | Date and Time | Program Format | Registration |
|---|--|----------------|----------------------------|
| Long Term Care & Retirement Home - Virtual Support Group | Wednesday August 12 th 2:00pm - 3:30pm | Virtual | Learn More |
| Between Us - Virtual Support Group | Wednesday August 19 th 6:30pm - 8:30pm | Virtual | Learn More |
| Young Caregiver - Virtual Support Group | Thursday August 20 th 6:30pm - 8:30pm | Virtual | Learn More |

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