

# August 2026

# août 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



# August 2026 | août 2026

Social Programs | Programmes sociaux

| Name of the Event                    | Date and Time  | Program Format | Registration               |
|--------------------------------------|--|----------------|----------------------------|
| <b>Music and Movement</b>            | Mondays<br>10:30am - 11:30pm<br><br>no class Monday August 3rd | In-person      | <a href="#">Learn More</a> |
| <b>Let's Get Moving with Bea Alt</b> | Tuesdays<br>1:00pm - 2:00pm                                    | Virtual        | <a href="#">Learn More</a> |
| <b>Brunch Club</b>                   | Tuesday August 4 <sup>th</sup><br>10:00am - 12:00pm            | In-person      | <a href="#">Learn More</a> |
| <b>Arabian Tunes - in Arabic</b>     | Wednesday August 5 <sup>th</sup><br>6:00pm - 8:00pm            | 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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| Name of the Event                     | Date and Time                                    | Program Format | Registration                      |
|---------------------------------------|--|----------------|-----------------------------------|
| <b>Turquoise <u>Live</u> with Sid</b> | Tuesday August 25 <sup>th</sup><br>2:00pm-3:00pm | In-Person      | <a href="#"><u>Learn More</u></a> |
| <b>Connect with Obie</b>              | Book a 45 minute<br>session on our website!      | In-person      | <a href="#"><u>Learn More</u></a> |

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# August 2026 | août 2026

Ottawa Caregiver Support Groups

Groupe de soutien pour proches aidants en personne

| Name of the Event  | Date and Time  | Program Format | Registration               |
|--|--|----------------|----------------------------|
| <b>In-Person Support Group in Kanata</b>                                   | Friday August 14 <sup>th</sup><br>10:00am - 11:30am    | In-person      | <a href="#">Learn More</a> |
| <b>In-Person Support Group at The Dementia Society Centre</b>              | Wednesday August 19 <sup>th</sup><br>10:00am - 11:30am | In-person      | <a href="#">Learn More</a> |
| <b>In-Person Support Group at the Aline-Chrétien Health Hub in Orléans</b> | Thursday August 27 <sup>th</sup><br>10:00am - 11:30am  | In-person      | <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>Marianhill Caregiver Support Group in Pembroke</b> | Wednesday August 19 <sup>th</sup><br>10:30am - 12:00pm | In-person      | <a href="#">Learn More</a> |
| <b>Arnprior Coffee Club</b>                           | Tuesday August 25 <sup>th</sup><br>10:30am - 12:00pm   | In-person      | <a href="#">Learn More</a> |

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# August 2026 | août 2026

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:<br/>Tuesdays</b>   | Tuesdays<br>10:00am - 12:00pm  | Virtual        | <a href="#">Learn More</a> |
| <b>Caregiver Support Group:<br/>Wednesdays</b> | Wednesday August 12 <sup>th</sup><br>and 26 <sup>th</sup><br>6:30pm - 8:30pm | Virtual        | <a href="#">Learn More</a> |
| <b>Caregiver Support Group:<br/>Thursdays</b>  | Thursdays<br>1:00pm - 3:00pm   | Virtual        | <a href="#">Learn More</a> |

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# August 2026 | août 2026

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               |
|---|--|----------------|----------------------------|
| <b>Long Term Care &amp; Retirement Home - Virtual Support Group</b> | Wednesday August 12 <sup>th</sup><br>2:00pm - 3:30pm | Virtual        | <a href="#">Learn More</a> |
| <b>Between Us - Virtual Support Group</b>                           | Wednesday August 19 <sup>th</sup><br>6:30pm - 8:30pm | Virtual        | <a href="#">Learn More</a> |
| <b>Young Caregiver - Virtual Support Group</b>                      | Thursday August 20 <sup>th</sup><br>6:30pm - 8:30pm  | Virtual        | <a href="#">Learn More</a> |

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