

July 2026

juillet 2026



www.DementiaHelp.ca

The
**Dementia
Society**
Ottawa and Renfrew County



La
**Soci t  de la
d mence**
Ottawa et comt  de Renfrew



July 2026 | juillet 2026

Educational Programs | Programmes éducatifs

Name of the Event	Date and Time	Program Format	Registration
First Connections at the Dementia Society Centre	Wednesday July 8 th and 15 th 1:00pm - 3:00pm	In-person	Learn More
Financial Information for Caregivers	Thursday July 30 th 1:00pm - 3:00pm	In-person	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





July 2026 | juillet 2026

Social Programs | Programmes sociaux

Name of the Event	Date and Time	Program Format	Registration
Music and Movement	Mondays 10:30am - 11:30pm	In-person	Learn More
Let's Get Moving with Bea Alt	Tuesdays 1:00pm - 2:00pm	Virtual	Learn More
Brunch Club	Tuesday July 7 th 10:00am - 12:00pm	In-person	Learn More
Arabian Tunes - in Arabic	Wednesday July 8 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



July 2026 | juillet 2026

Social Programs | Programmes sociaux

Name of the Event	Date and Time	Program Format	Registration
Create with Paint - 4 part series	Weekly on Thursdays starting July 9 th	In-person	Learn More
Turquoise <u>Live</u> with Sid	Tuesday July 28 th 2:00pm-3:00pm	In-Person	Learn More
Connect with Obie	Book a 45 minute session on our website!	In-person	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



July 2026 | juillet 2026

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 July 10 th 10:00am - 11:30am	In-person	Learn More
In-Person Support Group at The Dementia Society Centre	Wednesday July 15 th 10:00am - 11:30am	In-person	Learn More
In-Person Support Group at the Aline-Chrétien Health Hub in Orléans	Thursday July 23 rd 10:00am - 11:30am	In-person	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





July 2026 | juillet 2026

Renfrew County Support Groups

Groupes de soutien du comté de Renfrew

Name of the Event	Date and Time	Program Format	Registration
<p>Marianhill Caregiver Support Group in Pembroke</p>	<p>Wednesday July 15th 10:00am - 11:30am</p>	<p>In-person</p>	<p><u>Learn More</u></p>

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



July 2026 | juillet 2026

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 July 8 th and 22 nd 6:30pm - 8:30pm	Virtual	Learn More
Caregiver Support Group: Thursdays	Thursdays 1:00pm - 3:00pm	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





July 2026 | juillet 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
Long Term Care & Retirement Home - Virtual Support Group	Wednesday July 8 th 2:00pm - 3:30pm	Virtual	Learn More
Between Us - Virtual Support Group	Wednesday July 15 th 6:30pm - 8:30pm	Virtual	Learn More
Young Caregiver - Virtual Support Group	Thursday July 16 th 6:30pm - 8:30pm	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

