

# July 2026

# juillet 2026



[www.DementiaHelp.ca](http://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
<b>First Connections at the Dementia Society Centre</b>	Wednesday July 8 <sup>th</sup> and 15 <sup>th</sup> 1:00pm - 3:00pm	In-person	<a href="#">Learn More</a>
<b>Financial Information for Caregivers</b>	Thursday July 30 <sup>th</sup> 1:00pm - 3:00pm	In-person	<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>Music and Movement</b>	Mondays 10:30am - 11:30pm	In-person	<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>Brunch Club</b>	Tuesday July 7 <sup>th</sup> 10:00am - 12:00pm	In-person	<a href="#">Learn More</a>
<b>Arabian Tunes - in Arabic</b>	Wednesday July 8 <sup>th</sup> 6:00pm - 8:00pm	Virtual	<a href="#">Learn More</a>

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Social Programs | Programmes sociaux

Name of the Event	Date and Time	Program Format	Registration
<b>Create with Paint - 4 part series</b>	Weekly on Thursdays starting July 9 <sup>th</sup>	In-person	<a href="#">Learn More</a>
<b>Turquoise <u>Live</u> with Sid</b>	Tuesday July 28 <sup>th</sup> 2:00pm-3:00pm	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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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 July 10 <sup>th</sup> 10:00am - 11:30am	In-person	<a href="#">Learn More</a>
<b>In-Person Support Group at The Dementia Society Centre</b>	Wednesday July 15 <sup>th</sup> 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 July 23 <sup>rd</sup> 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
<p><b>Marianhill Caregiver Support Group in Pembroke</b></p>	<p>Wednesday July 15<sup>th</sup> 10:30am - 12:00pm</p>	<p>In-person</p>	<p><a href="#"><u>Learn More</u></a></p>

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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 July 8 <sup>th</sup> and 22 <sup>nd</sup> 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>

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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
<b>Long Term Care &amp; Retirement Home - Virtual Support Group</b>	Wednesday July 8 <sup>th</sup> 2:00pm - 3:30pm	Virtual	<a href="#">Learn More</a>
<b>Between Us - Virtual Support Group</b>	Wednesday July 15 <sup>th</sup> 6:30pm - 8:30pm	Virtual	<a href="#">Learn More</a>
<b>Young Caregiver - Virtual Support Group</b>	Thursday July 16 <sup>th</sup> 6:30pm - 8:30pm	Virtual	<a href="#">Learn More</a>

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