

November 2026

novembre 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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Educational Programs | Programmes éducatifs

Name of the Event	Date and Time	Program Format	Registration
Advance Care Planning Workshop	Monday November 9th 1:00pm - 3:00pm	Virtual	<u>Learn More</u>

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
Music and Movement	Mondays 10:00am - 10:50am and 11:10am - 12:00pm	In-person	Learn More
Turquoise <u>Virtual</u> with Sid	Mondays & Thursdays 10:30am - 11:30pm	Virtual	Learn More
Arabian Tunes - in Arabic	Wednesday November 4 th 6:00pm - 8:00pm	Virtual	Learn More
Joyful Sound Choir Concert	Saturday November 28th starting at 11:00am	In-person	Learn More

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Social Programs | Programmes sociaux

Name of the Event	Date and Time	Program Format	Registration
Let's Get Moving with Bea Alt	Tuesdays 1:00pm - 2:00pm	Virtual	Learn More
Create with Paint	Monday November 9 th , 16 th , 23 rd and 30 th 1:00pm - 2:30pm	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
Brunch Club	Tuesday November 3 rd 10:00am - 12:00pm	In-person	Learn More
Le Lunch	jeudi novembre 19 12h30 à 14h00	En-personne	Apprendre Plus
Connect with Art: SPARK!	Tuesday November 3 rd 1:30pm - 3:00pm	In-person	Learn More
Interagir avec L'art: RAYON D'ART	mardi 17 novembre 13h30 à 15h00	En-personne	Apprendre Plus

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Social Programs | Programmes sociaux

Name of the Event	Date and Time	Program Format	Registration
Daisy Café	Thursday November 5 th and 19 th 1:00pm - 3:00pm	In-person	Learn More
Daisy on the Go in Renfrew County	Friday November 6 th , 20 th , 27 th and Wednesday November 11 th	In-person	Learn More
Café Marguerite	jeudi 12 et 26 novembre 13h00 à 15h00	En-personne	Apprendre Plus

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Ottawa Support Groups

Groupes de soutien et de rencontres à Ottawa

Name of the Event	Date and Time	Program Format	Registration
Kanata Coffee Club	Friday November 13 th 10:00am - 11:30am	In-person	Learn More
Caregiver Only Support Group in Kanata	Wednesday November 4 th 10:00am - 11:30am	In-person	Learn More
The Dementia Society Centre Coffee Club	Wednesday November 18 th 10:00am - 11:30am	In-person	Learn More
Caregiver Only Support Group at The Dementia Society Centre	Thursday November 12 th 10:00am - 11:30am	In-person	Learn More
Caregiver Only Support Group at the Aline-Chrétien Health Hub in Orléans	Thursday November 26 th 10:00am - 12:00pm	In-person	Learn More
Groupe soutien pour proches aidants	lundi 16 novembre 10h00 à 12h00	En-personne	Apprendre Plus

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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 November 5 th 10:30am - 12:00pm	In-person	Learn More
Barry's Bay Memory Café	Tuesday November 10 th 10:30am - 12:00pm	In-person	Learn More
Marianhill Caregiver Support Group in Pembroke	Wednesday November 18 th 10:30am - 12:00pm	In-person	Learn More
Arnprior Coffee Club	Tuesday November 24 th 10:30am - 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 November 11 th and 25 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 November 11 th 2:00pm - 3:30pm	Virtual	Learn More
Between Us - Virtual Support Group	Wednesday November 18 th 6:30pm - 8:30pm	Virtual	Learn More
Young Caregiver - Virtual Support Group	Thursday November 19 th 6:30pm - 8:30pm	Virtual	Learn More

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