December 2026
décembre *2026*



www.DementiaHelp.ca

The Dementia Society
Ottawa and Renfrew County

La Société de la démence
Ottawa et comté de Renfrew

December 2026 | décembre 2026

Educational Programs | Programmes éducatifs

Name of the Event	Date and Time	Program Format	Registration
Au-dela comportements - en français	jeudi 3 decembre 10h à 12h	En-personne	Apprendre Plus

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***

DementiaHelp.ca
info@dsorc.org
613.523.4004
1.888.411.2067

December 2026 | décembre 2026

Social Programs | Programmes sociaux

Name of the Event	Date and Time	Program Format	Registration
Let's Get Moving with Bea Alt	Tuesday December 1st, 8th, 15th and 22nd 1pm - 2pm	Virtual	Learn More
Arabian Tunes - in Arabic	Wednesday December 2nd 6pm - 8pm	Virtual	Learn More
Turquoise Virtual with Sid	Mondays and Thursdays 10am - 11:30am	Virtual	Learn More
Music and Movement	Monday December 7th, 14th and 21st 10am - 10:50am and 11:10am - 12pm	In-person	Learn More

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Name of the Event	Date and Time	Program Format	Registration
Brunch Club	Tuesday December 1st 10am - 12pm	In-person	Learn More
Connect with Art: SPARK!	Tuesday December 1st 1:30pm - 3pm	In-person	Learn More
Interagir avec L'art: RAYON D'ART	mardi 15 décembre 13h30 à 15h	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 December 3rd and 17th 1pm - 3pm	In-person	Learn More
Daisy on the Go in Renfrew County	Friday December 1st Wednesday December 8th Friday December 18th	In-person	Learn More
Connect with Obie	Book a 45 minute session on our website!	In-person	Learn More

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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 December 11th 10am - 11:30am	In-person	Learn More
Caregiver Only Support Group in Kanata	Wednesday December 2nd 10am - 11:30am	In-person	Learn More
The Dementia Society Centre Coffee Club	Wednesday December 16th 10am - 11:30am	In-person	Learn More
Caregiver Only Support Group at The Dementia Society Centre	Thursday December 10th 10am - 11:30am	In-person	Learn More
Caregiver Only Support Group at the Aline-Chrétien Health Hub in Orléans	Thursday December 17th 10am - 12pm	In-person	Learn More
Groupe soutien pour proches aidants	lundi 14 décembre 10h à 12h	En-personne	Apprendre Plus

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40 Years of Community | 40 ans de communauté

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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 December 3rd 10:30am - 12pm	In-person	Learn More
Barry's Bay Memory Café	Tuesday December 8th 10:30am - 12pm	In-person	Learn More
Marianhill Caregiver Support Group in Pembroke	Wednesday December 9th 10:30am - 12pm	In-person	Learn More
Arnprior Coffee Club	Tuesday December 22nd 10:30am - 12pm	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 10am - 12pm	Virtual	Learn More
Caregiver Support Group: Wednesdays	Wednesday December 9th and 23rd 6:30pm - 8:30pm	Virtual	Learn More
Caregiver Support Group: Thursdays	Thursdays 1pm - 3pm	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 December 9th 2pm - 3:30pm	Virtual	Learn More
Between Us - Virtual Support Group	Wednesday December 16th 6:30pm - 8:30pm	Virtual	Learn More
Young Caregiver - Virtual Support Group	Thursday December 17th 6:30pm - 8:30pm	Virtual	Learn More

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