

SUPPORT GROUPS FOR PEOPLE LIVING WITH DEMENTIA

What is the Support Group for People with Dementia?

This Support Group is for people who are currently living with an early diagnosis of Alzheimer's disease or another dementia.

Who can join the Support Group?

This Support Group is for you if you:

- have recently been diagnosed with Alzheimer's disease or another form of dementia
- feel comfortable with others who talk openly about their diagnosis
- are able to actively participate in a group discussion

What will I do during these sessions?

The Support Group offers a supportive environment in which you will have an opportunity to:

- meet and discuss common concerns
- enjoy mutual support from others
- gain knowledge about the disease
- exchange ideas and coping strategies
- participate in mentally stimulating activities

How will this help me?

The Support Group will help you:

- increase socialization and decrease isolation
- share feelings and develop friendships
- understand the changes you're experiencing
- maintain positive self-esteem and well-being
- link with available resources for future planning

Support Group sessions are currently running in both in-person and virtual offerings.

Virtual Support groups are running through Zoom and will require participants to have access to one of the following devices, Laptop, Computer/tablet, or a smartphone. In-person Support Groups are being offered through the Alzheimer Society of Manitoba Winnipeg Office at 10-120 Donald Street and Brandon Office at Unit 4B – 457 9th Street. Space is limited for both in-person and virtual offerings.

How do I join?

For more information on how to join, requirements for enrollment and the dates/times of the support group offerings, please contact:

First Link Client Support Team
alzmb@alzheimer.mb.ca
204-943-6622 (Winnipeg)
1-800-378-6699 (Manitoba)