

### NEW! IN-PERSON DEMENTIA CARE PARTNER ESSENTIALS

**Bi-weekly on Wednesdays,**  
**Feb 11 - Apr 22, 2026 | 6 - 8 pm**

**Cost: \$25 | Location: TBD, Winnipeg, MB**

In this six-part in-person series, you will learn foundational topics to help you better understand and care for someone living with dementia.

**Topics include:**

- Part 1 - Normal aging vs. dementia
- Part 2 - Brain changes
- Part 3 - Progression
- Part 4 - Adjusting care needs
- Part 5 - New skills for support
- Part 6 - How to advocate for someone living with dementia

***Presented by: The Alzheimer Society of Manitoba Education Team***

***Featuring: Teepa Snow's Getting to Know Dementia: Community Training Kit***

### VIRTUAL LIVING WITH DEMENTIA: FIRST STEPS

A three-part series for people supporting someone recently diagnosed with dementia.

***\*Please note you do not need to attend these in order.***

**PART ONE: Saturday, Jan 10, 2026**

**10 - 11:45 am | Virtual via ZOOM**

Learn more about the progression of dementia and the Alzheimer Society of Manitoba's programs and services.

***Presented by: Dr. Kristina Swain, MD, CCFP, Department of Family Medicine, Enhanced Skills Care of the Elderly, University of Manitoba | Alzheimer Society of Manitoba Education Team***

**PART TWO: Saturday, Feb 7, 2026**

**10 - 11:45 am | Virtual via ZOOM**

Learn about the legal and financial matters related to dementia to help ensure your affairs are together for you and your family.

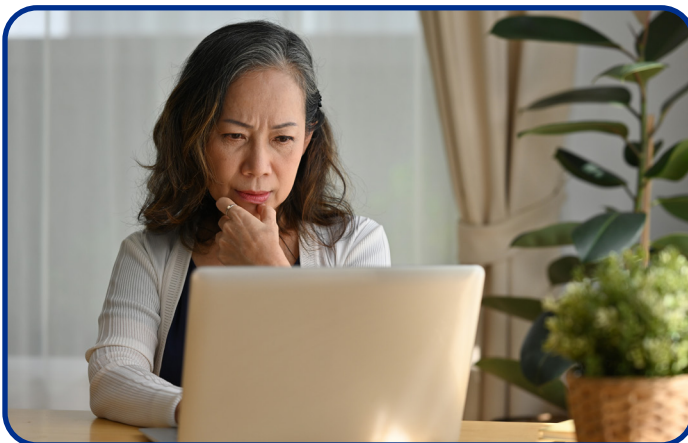
***Presented by: Scott Wilson, Lawyer, Wolseley Law LLP***

**PART THREE: Saturday, Mar 7, 2026**

**10 - 11:15 am | Virtual via ZOOM**

Hear from Winnipeg Regional Health Authority's Home Care team about their services.

***Presented by: Winnipeg Regional Health Authority (WRHA) Home Care***



**LEARN MORE AND REGISTER TODAY AT [ALZHEIMER.MB.CA](https://alzheimer.mb.ca)**

### VIRTUAL NEXT STEPS FOR FAMILIES

#### SERVICE CANADA INFORMATION SESSION

**Tuesday, Jan 13, 2026 | 10 - 11 am**  
**Virtual via ZOOM**

Learn about the benefits that can help you as a care partner to someone living with dementia, including Canadian Pension Plan Disability and Retirement benefits, the new Canada Disability Benefit, the Canada Dental Care Plan and more.

*Presented by: **Thiané Diop**, Citizen Services Specialist, Service Canada*

#### DEMENTIA RISK FACTORS & RISK REDUCTION STRATEGIES

**Thursday, Jan 29, 2026 | 2 - 3 pm**  
**Virtual via ZOOM**

Learn which factors of your lifestyle, environment and genetic background may increase your risk of dementia, which of those you don't have control over and steps you can take to reduce such risks.

*Presented by: **Education & Client Support Staff**, Alzheimer Society of Manitoba*

### FIRST LINK® DEMENTIA HELPLINE

The Alzheimer Society is your path forward to a community of support, expertise and resources.

Contact our Dementia Helpline at  
**1-800-378-6699** or **support@alzheimer.mb.ca**.

### VIRTUAL NEXT STEPS FOR FAMILIES

#### AMBIGUOUS LOSS & GRIEF IN CAREGIVING

**Tuesday, Feb 24, 2026 | 10 - 11 am**  
**Virtual via ZOOM**

Are you experiencing feelings of loss and grief as the person you care for changes over time? This session will provide an overview of ambiguous loss and grief, along with coping strategies to work with these emotions.

*Presented by: **Samantha Holland**, BA, BSW, RSW, First Link® Regional Team Lead, Alzheimer Society of Manitoba*

#### RESPECTING A PERSON'S WISHES WHEN MAKING TOUGH DECISIONS

**Tuesday, Mar 24, 2026 | 2 - 3 pm**  
**Virtual via ZOOM**

As dementia progresses, the person you're caring for will need someone they trust to help make decisions. This session will cover advocacy principles and strategies to ensure the person living with dementia remains at the centre of every decision.

*Presented by: **Meagan Fitzpatrick**, BSW, RSW, Education Coordinator, Alzheimer Society of Manitoba*

*Next Steps Family Education programs are sponsored by*



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