



FULL ALZHEIMER CAFÉ CALENDAR – SEPTEMBER TO DECEMBER 2018

CENTRE-SOUTH OF MONTRÉAL – Les Petits Frères | FRENCH

2nd Wednesday of the month | 1 to 3 p.m. | 4624 Garnier Street
Mont-Royal and Laurier metro stations

SEPTEMBER 12	Ambiguous Loss and Dementia Presented by Marie Christine Le Bourdais, coordinator of the Counselling Network at the Alzheimer Society of Montreal.
OCTOBER 10	Elder Abuse: Senior-Aware Information Session Presented by Rosée Tremblay, executive assistant at the FADOQ, and a volunteer.
NOVEMBER 14	The Art of Self-Expression and Communication! Presented by Marie-Soleil Blanchet, art therapist, and Jacinthe Duval, counsellor, both at the Alzheimer Society of Montreal.
DECEMBER 12	The Benefits of Mindfulness Meditation Presented by Gilberte Fleischmann, caregiver meditation group facilitator at the Alzheimer Society of Montreal.

NEW | CENTRE-SOUTH OF MONTRÉAL – CLSC Verdun | FRENCH

Thursday | 1 to 3 p.m. | 400 De l'Église Street
De l'Église metro station

OCTOBER 18	The Role of Drugs in the Management of Major Neurocognitive Disorders Presented by Alexandre Lahaie, pharmacist, M.Sc., CIUSSS Centre-Sud-de-l'île-de-Montréal, Hôpital de Verdun, GMFU des Faubourgs, special projects coordinator at the IUGM.
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EAST OF MONTRÉAL – Langelier Library | FRENCH

3rd Friday of the month | 1:30 to 3:30 p.m. | 6473 Sherbrooke Street East
Buses 33, 185 and 197 from Langelier metro station

SEPTEMBER 21	Emotional Memory in Alzheimer's Disease Presented by Daniel Geneau, neuropsychologist.
OCTOBER 19	Demystifying the Detection of Alzheimer's Disease and Related Disorders Presented by Véronique Baril, psychogeriatric nurse clinician, and Karen Debas, neuropsychologist, CIUSSS de l'Est-de-l'île-de-Montréal.
NOVEMBER 16	Ambiguous Loss and Alzheimer's Disease Presented by Huguette Pagé, trainer and support group facilitator at the Alzheimer Society of Montreal.
DECEMBER 21	Celebrating the Holidays: Pleasure and Quality of Life despite Alzheimer's Disease Presented by Marie-Pier Foucault, special care counsellor and coordinator of services for people living with dementia at the Alzheimer Society of Montreal.

SERVICES FOR ALL



? Information: 514-369-0800
info@alzheimermontreal.ca

FULL ALZHEIMER CAFÉ CALENDAR – SEPTEMBER TO DECEMBER 2018

CENTRE-WEST OF MONTRÉAL – Atwater Library and Computer Centre | ENGLISH

3rd Tuesday of the month | 1 to 3 p.m. | 1200 Atwater Avenue
Atwater metro station

SEPTEMBER 18	"Stay or Move?": the Conversation, the Taboos and the Options Presented by Marie-Claude Giguère, consultant, author, and founder of <i>Helping Seniors</i> .
OCTOBER 16	How can you find Reliable Information about Health Topics Online? Presented by Vera Granikov, research librarian, and Reem El Sherif, Ph.D. student/research assistant, Department of Family Medicine, McGill University.
NOVEMBER 20	Technology for Everyone: Designing for Aging and Dementia Presented by Carrie Jiamin Dai, Ph.D. student and research assistant, School of Information Studies, McGill University.
DECEMBER 18	The Holidays and Dementia: a Space between Stress and Resilience Presented by Christiane Proulx, M.A. Creative Arts Therapies, counsellor at the Alzheimer Society of Montreal.

NORTH OF MONTRÉAL – Café de Da, Ahunstic Library | FRENCH

Tuesday | 7 to 9 p.m. | 545 Fleury Street East
Bus 140 and 180 – Sauvé metro station or Bus 31 – Henri-Bourassa metro station

OCTOBER 2	Using our Dreams to Improve our Well-Being Presented by Franca Turco, counsellor at the YWCA Montreal.
NOVEMBER 6	The Benefits of Meditation for Caregivers Presented by Gilberte Fleishman, caregiver meditation group facilitator at the Alzheimer Society of Montreal.

NORTH OF MONTRÉAL – Henri-Bourassa Library | FRENCH

2nd Thursday of the month | 1:30 to 3:30 p.m. | 5400 Henri-Bourassa Boulevard East
Buses 69 and 469 from Henri-Bourassa metro station or Bus 32 (North) from Cadillac metro station

SEPTEMBER 13	Dealing with Responsive Behaviours Presented by Stella Nesci and Julie Côté, behavioural counsellors at Le Temps d'une Pause.
OCTOBER 11	Driving and Alzheimer's disease Presented by Susan Sofer, B.Sc. OT, CDRS, experienced occupational therapist and certified driving rehabilitation specialist, director of Autonomy Community Therapy ACT Inc.
NOVEMBER 8	Give Your Brain a Workout! Presented by Mariane Bragagnolo, head of communications at Vers Vous.
DECEMBER 13	Managing Stress and Anxiety Presented by Franca Turco, counsellor at the YWCA Montreal.



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NORTH OF MONTRÉAL – Cartierville Library | FRENCH

Last Tuesday of the month | 1 to 3 p.m. | 5900 De Salaberry Street
Bus 69 from Henri-Bourassa metro station (West towards Serres/Grenet)

SEPTEMBER 25	Visiting Someone with Dementia – What You Should Know Presented by Huguette Pagé, trainer and support group facilitator at the Alzheimer Society of Montreal.
OCTOBER 30	Navigating the Health Care System: Discover the CLSC's Services for Seniors Presented by Jessica Smith and Sidonie Laurier, coordinator and counsellor, both at the YWCA Montreal.
NOVEMBER 27	Love Them; Help Them: How Far Should You Go to Help Your Elderly Spouse, and Why? Presented by Isabelle Van Pevenage, researcher, Centre for Research and Expertise in Social Gerontology (CREGÉS).

WEST OF MONTRÉAL – Beaconsfield Library | ENGLISH

2nd Thursday of the month | 1 to 3 p.m. | 303 Beaconsfield Boulevard
Buses 211 and 405 (West) from Lionel-Groulx metro station or Bus 200 from Fairview terminus

SEPTEMBER 13	"Stay or Move?": the Conversation, the Taboos and the Options Presented by Marie-Claude Giguère, consultant, author, and founder of <i>Helping Seniors</i> .
OCTOBER 11	Technology for Everyone: Designing for Aging and Dementia Presented by Carrie Jiamin Dai, Ph.D. student and research assistant, School of Information Studies, McGill University.
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THANK YOU TO OUR
ALZHEIMER CAFÉ PARTNERS!