

Caregiver Education and Support Meetings

What are Caregiver Education and Support Group Meetings?

Education and Support Group Meetings offer the opportunity for caregivers to meet and share information about their experience of caring for a person with Alzheimer's disease or another dementia.

The groups offer a supportive and confidential environment in which participants:

- Meet and discuss common concerns
- Exchange ideas and coping strategies
- Enjoy mutual support from others
- Gain knowledge and information regarding the nature and progression of the disease, treatments, and community resources.

Groups meet on a monthly basis.

How will a Support Group benefit me?

Support groups will help you to:

- Feel less isolated, provide the opportunity to share feelings, and expand your knowledge of caregiving and coping skills
- Understand the disease
- Maintain positive self-esteem and well-being.

Who can join Support Groups?

The support groups are for people who are:

- Caring for someone who has been diagnosed with Alzheimer's disease or another dementia
- Comfortable sharing their concerns and experiences in a group.

Who facilitates the Support Groups?

- The support groups are facilitated by trained volunteers or staff of the Alzheimer Society of Manitoba.

How do I join?

- To join a support group, contact the Client Services staff in Winnipeg or the Regional Coordinator in your area.

To attend a Support Group or for more information contact the HELPLINE at:
943-6622 or 1-800-378-6699
e-mail: alzmb@alzheimer.mb.ca
website: www.alzheimer.mb.ca

***See back for complete listing of Support Group locations**

****Schedule subject to change**

Updated Nov 2011

Education & Support Meetings

WINNIPEG

Downtown

Alzheimer Society office - 10-120 Donald Street
4th Wed. of each month from 10:00 – 11:30 a.m.

Kildonan – Donwood

Donwood Personal Care Home
171 Donwood
3rd Wednesday of each month from 3:00 – 4:30
p.m. For information call 943-6622 Ext. 229

Winnipeg – North

St. Joseph's Residence at 1149 Leila Avenue
1st Wednesday of each month from 7:00 – 9:00
p.m.

St. Vital – St. Mary's Road

Golden Links Lodge at 2280 St. Mary's Road
Last Wednesday of each month from 7:00 – 8:30
p.m.

Tuxedo

Tuxedo Villa at 2060 Corydon Avenue
3rd Tuesday of each month from 7:00 – 9:00 p.m.

Westwood

Saint Basil's Ukrainian Catholic Church
202 Harcourt Street
4th Wednesday of each month from 1:00–3:00
p.m.

Transcona

Transcona Memorial United Church
209 Yale Avenue West
1st Wednesday of each month
from 10:00 – 11:30 a.m.

RURAL

Westman

For Brandon, Hamiota, Neepawa and
Deloraine areas, please call Grace at
729-8320.

South Central

For Altona, Carman, and Winkler / Morden
areas, please call Greta at 325–5634

North Central

For Treherne, Portage La Prairie and area,
please call Gerry at 239-4898

North Eastman

For Beausejour, Whitemouth, Victoria Beach
and Springfield areas, call Jackie at 268-4752

South Eastman

For the Steinbach area, please call
1-800-378-6699

Interlake/Selkirk

For the Gimli and Selkirk area, please call
1-800-378-6699

Flin Flon

For the Flin Flon area, please call
1-800-378-6699