

Alzheimer Society

ALBERTA AND
NORTHWEST TERRITORIES

Seeds of Hope Family Learning Series

Hybrid Winter 2026

Overview: The Seeds of Hope Family Learning Series provides education and support for families of persons living with Alzheimer Disease and related dementias. This program consists of four series targeted at Early, Middle, Late, End of Life Stages. Each series is made up of several sessions with activities and presenters to address specific information.

***To register call toll free: 1-866-950-5465** Space is limited so register early to avoid disappointment.

Living with Dementia (Early Stage)

Wednesdays 1:00 p.m. – 4:00 p.m.

Jan 21, Jan 28, Feb 4, Feb 11th

OR

Tuesdays 6:00 p.m. - 9:00 p.m.

Feb 24, March 3, March 10, March 17

Session 1: Exploring the Experience of Dementia

Someone living with dementia will help you understand dementia from their perspective.

Session 2: You as a Care Partner

Learn what to expect from an experienced care partner. Find out how your role may impact your relationship with the person living with dementia. Start planning how to care for yourself.

Session 3: Understanding Dementia

A physician will explain the medical management of the disease including types of dementia, diagnosis, risk factors, symptoms, treatment, and progression.

Session 4: Planning Ahead-Advance Care Planning

A lawyer will explain the legal and financial documents you need to complete in the early stage while the person living with dementia has capacity to make decisions and make their wishes known.

Living with Change (Middle Stage)

Mondays 6:00 p.m. – 8:30 p.m.

Jan 19, Jan 26, Feb 2, Feb 9, Feb 23 (No session on Family Day, Feb 16)

OR

Thursdays 1:30 p.m. – 4:00 p.m.

Feb 26, March 5, March 12, March 19, March 26

Session 1: Introduction to Living with Change

An Alzheimer Society staff will help you understand the experiences faced by people living in the middle stages of dementia. You will have an opportunity to hear from a homecare staff member regarding community supports.

Session 2: Understanding Expressions of Feelings & Unmet Needs

A specialized nurse will help you understand expressions of feelings and unmet needs, as a means of communication. Gain skills and strategies to respond with a problem-solving approach.

Session 3: Communication

A speech language pathologist will help you communicate more effectively with your family member living with dementia.

Session 4: Activities of Daily Living

An occupational therapist will discuss how we can build on a person's strengths to help maintain quality of life.

Session 5: Managing Stress

A trained professional will help you develop coping strategies to manage stress, and use supports to maintain care partner health and wellness.



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Transition to Alternative Care (Late Stage)

Fridays 1:30 p.m. – 4:00 p.m. April 17, April 24, May 1, May 8, May 15

Session 1: Growing Seeds of Hope

A trained professional will help you understand the importance of hope during the dementia experience. Self-care and finding help and support is included.

Session 2: Working with Care Providers

A staff member from a care home will help you understand the role expectations of family and facility staff.

Session 3: Preparing for Changes Ahead

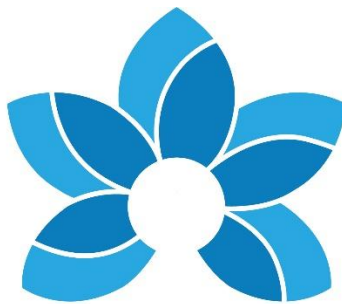
A physician will explain the changes individuals living with dementia are likely to experience in the later stages of the disease.

Session 4: Maintaining the Connection

A recreation therapist will provide ideas to help support the person living with dementia in their care home to ensure quality of life.

Session 5: Taking Care of You: Grief & Self Care

A bereavement specialist will help you recognize and understand grief and the grieving process. Identify specific activities to enhance self-care.



HELP4DEMENTIA

**Limited Spaces Available, please call
1-866-950-5465 OR email reception@alzheimer.ab.ca to register**

Sessions may be available online or in person depending on location, please inquire