

First Link[®] Connection

Online Sessions

Whether you are living with dementia or supporting someone who is, attending a First Link[®] Connection will provide you with early access to resources, support, and services. It is about helping you and your family make informed choices so you can live better with dementia at every stage of the disease.

When you come to a First Link[®] Connection you will join other families who are on their journey with dementia in a small group setting. A caring Alzheimer Society staff will guide you through:

- Adjusting to and managing the daily challenges of living with dementia
- The Alzheimer Society's education and support services
- Resources and supports available within the community
- Planning for the future

ATTENDEES MUST COMPLETE A SIGN-UP SHEET EVEN IF ATTENDING THE ONLINE OR IN-PERSON SESSION WITH OTHERS; THIS ENSURES WE HAVE ACCURATE CLIENT INFORMATION WHICH WILL HELP US PROVIDE ONGOING INFORMATION AND SUPPORT

First Link[®] Connection sessions run for approximately 2 hours.

Morning, afternoon and evening sessions are available.

Please see the attached flyer for upcoming dates.

Registration is required for these sessions.

To register, please email completed registration form to reception@alzheimer.ab.ca

or call 1-866-950-5465

First Link® Connection

January – April 2026

Online Sessions

Sessions for Care Partners Only

These sessions are for those who support someone living with dementia

<p><u>January 2026</u></p> <p>Thursday, January 8th, 7:00 – 9:00pm Monday, January 19th, 1:00 – 3:00pm</p>	<p><u>February 2026</u></p> <p>Tuesday, February 3rd, 7:00 – 9:00pm</p>
<p><u>March 2026</u></p> <p>Wednesday, March 11th, 7:00 – 9:00pm Tuesday, March 24th, 1:00 – 3:00pm</p>	<p><u>April 2026</u></p> <p>Monday, April 13th, 7:00 – 9:00pm</p>

Sessions for Persons Living with Dementia and Care Partners

These sessions are for people living with early stage dementia and care partners to attend together

<p><u>January 2026</u></p> <p>No Session</p>	<p><u>February 2026</u></p> <p>Friday, February 20th 1:00 – 3:00pm</p>
<p><u>March 2026</u></p> <p>No Session</p>	<p><u>April 2026</u></p> <p>Thursday, April 30th, 1:00 – 3:00pm</p>

These sessions will be held online

To receive the link to the meeting, you must be registered

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or call 1-866-950-5465