

Reitman Centre Family Caregiver Series · 2018

Leading dementia experts from the Cyril & Dorothy, Joel & Jill Reitman Centre for Alzheimer's Support and Training in Toronto will host a **four-part lecture series** for Family Caregivers in three Toronto Public Library locations in Winter/Spring 2018. Participants are welcome to attend one lecture or the entire series.

Topics Include:

Learn About Dementia

Overview of types of dementia, symptoms, behaviours, and risk factors.

Caregiver Stress and Well-Being

Improving overall well-being for caregivers experiencing complex emotions and stress.

The Changing Relationship

Strategies to communicate and connect effectively with someone with dementia.

Caregiver Isolation and Identity

Exploring elements that contribute to caregiver social isolation and burden.

BONUS WORKSHOP · A Health and Technology Workshop for Older Adults & Family Caregivers will be held at each location after the lecture series.



Featuring Dr. Rhonda Feldman, Ph.D., C.Psych

Psychologist Dr. Feldman conducts individual and group therapy with family caregivers of people who have dementia. Her work also involves research, professional training, and consultation.



Reitman Family Caregiving Series

Locations & Dates

Eglinton Square Library

Friday, February 2, 9, 16 and 23 from 2-3 pm
1 Eglinton Square #126, Scarborough, ON | (416) 396-8920
BONUS Health & Technology Workshop: March 2, 10:30am- 1 pm

Brentwood Library

Friday, April 6, 13, 20, 27 from 2-3 pm
36 Brentwood Rd N, Etobicoke, ON | (416) 394-5240
BONUS Health & Technology Workshop: May 4, 10:30am- 1 pm

Don Mills Library

Friday, May 4, 11, 18, 25 from 2-3 pm
888 Lawrence Ave E, North York, ON | (416) 395-5710
BONUS Health & Technology Workshop: June 1, 10:30am- 1 pm

For more information

Call one of the Libraries above, or
Jenny Carlson at (416) 586-4800 ext. 5882



Sinai Health System

THE CYRIL & DOROTHY, JOEL & JILL
REITMAN CENTRE FOR ALZHEIMER'S
SUPPORT AND TRAINING