



For more information, please contact in confidence:
Gerri Richman at
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This program is held at Miles Nadal JCC,
750 Spadina Avenue, at Bloor (Toronto)
Spadina TTC

Co-sponsors are: **Holy Blossom Temple; Miles Nadal JCC;**
The Cyril and Dorothy, Joel and Jill Reitman Centre for
Alzheimer's Support and Training, Mt. Sinai Hospital.

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Contact Gerri Richman at gerri.richman@sympatico.ca
Or call Elana Fehler at 416.789.3291 Ext. 221



Living with Dementia: Caring and Coping

Learning and Support for
Family-member Caregivers
and their Loved Ones



The Cyril & Dorothy, Joel & Jill Reitman
Centre for Alzheimers Support and Training

 Human Resources and Skills Development Canada / Ressources humaines et Développement des compétences Canada
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'LIVING WITH DEMENTIA'

is a unique 10 week learning and support program for families with a loved one experiencing dementia.

This program accomplishes 2 goals:

1. Equipping the family member with specific coping skills to meet daily challenges, to better communicate and to connect with the person being cared for
2. Providing a creative group program simultaneously for the loved one with dementia

LIVING WITH DEMENTIA

Program Information:

Consists of 10 weekly sessions, and is offered free of charge. It is rooted in Jewish values and open to all.

At:

Miles Nadal JCC, 750 Spadina Avenue, at Bloor (Toronto)
Spadina TTC

For upcoming Program dates or more information contact
Gerri Richman at: gerri.richman@sympatico.ca

About the Program

Family-member caregivers tell us:

- Gave me courage to express my needs
- Helped me take control of my situation
- Benefited from discussing various experiences
- Helped me weave my way through this sad experience
- Taught me problem solving and communication skills that helped me deal better with the challenges I now face

Loved ones tell us:

- People in the group are so nice; we share ideas and get to be creative
- There are no wrong answers
- I feel good being here

