

## Journeying Together

Three programs for persons in the early stage of Alzheimer's disease or a related dementia and his/her spouse/immediate family member/close friend held in Woodstock and Tillsonburg.

### Connections:

Four weekly sessions provide an opportunity to learn about Alzheimer's disease, cognitive losses, related dementia; share in discussion, ask questions, share emotions, in a comfortable setting.

Past participants have said: "It's a great opportunity to learn about what is happening to us . . . . I've been in denial for months, and now I realize the doctor was right . . . . I feel so much better now that I understand more - I can get on with my life"

### Just For You & Circle of Support

Ongoing programs that meet twice each month in Woodstock and Tillsonburg.

Those who attend these groups have developed real friendships with each other: "It's great – everyone is very supportive and you're always learning something from someone else. It's surprising when you talk to others to find you have so many things in common" . . . "Our whole family is functioning together more smoothly because we are all learning how to cope with the day-to-day issues".

**Alzheimer Society of Oxford**  
**575 Peel Street, Woodstock, N4S 1K6**  
**519 – 421 – 2466**

*There is no cost for these programs.*

**Please call Carolyn or Rhonda at 519-421-2466  
to discuss your participation in this program.**