



## Community

When you choose the Alzheimer Society, you join a community of support dedicated to helping you and your family with your experience with dementia.

## Support

Our staff is dedicated to providing support, information and education that can help you and your family live well with dementia. We will help you to connect to other essential services in your community. Our services are free of charge.

## Knowledge

Our community knows the impact of this disease through experience, depth of expertise, and extensive research, making it possible for us to provide an incredible range of services, tools, and supports.



# Alzheimer Society

S A S K A T C H E W A N

Learn More **Live Well**

## Connect with us

For more information about our programs and services contact your local Alzheimer Society Resource Centre or visit our website at [www.alzheimer.ca/sk](http://www.alzheimer.ca/sk)

### Dementia Helpline

Monday – Friday 8:30 am – 4:30 pm  
1-877-949-4141 [helpline@alzheimer.sk.ca](mailto:helpline@alzheimer.sk.ca)

### Cypress Resource Centre

Serving Swift Current and Southwest SK  
Ph: 306-673-2685 [cypress@alzheimer.sk.ca](mailto:cypress@alzheimer.sk.ca)

### Prairie North Resource Centre

Serving Battlefords and Northwest SK  
Ph: 306-445-2206 [prairienorth@alzheimer.sk.ca](mailto:prairienorth@alzheimer.sk.ca)

### Prince Albert Parkland Resource Centre

Serving Prince Albert and Northeast SK  
Ph: 306-922-2296 [paparkland@alzheimer.sk.ca](mailto:paparkland@alzheimer.sk.ca)

### Regina Qu'Appelle Resource Centre

Serving Regina, Moosomin and surrounding areas  
Ph 306-949-4141 [regina@alzheimer.sk.ca](mailto:regina@alzheimer.sk.ca)

### Saskatoon Resource Centre

Serving Saskatoon, Humboldt, and surrounding areas  
Ph: 306-683-6322 [saskatoon@alzheimer.sk.ca](mailto:saskatoon@alzheimer.sk.ca)

### Sun Country Resource Centre

Serving Estevan, Weyburn and Southeast SK  
Ph: 306-634-4002 [suncountry@alzheimer.sk.ca](mailto:suncountry@alzheimer.sk.ca)

### Sunrise Resource Centre

Serving Yorkton and East Central SK  
Ph: 306-786-3600 [sunrise@alzheimer.sk.ca](mailto:sunrise@alzheimer.sk.ca)



# Support Changes Everything

Alzheimer Society

S A S K A T C H E W A N

Learn More **Live Well**

301-2550 12th Avenue Regina S4P 3X1  
306-949-4141 or 1-800-263-3367

## A Community of Support Changes Everything

A diagnosis of dementia brings with it many new challenges. Our services connect you to a community of support to help you better understand and respond to each phase of the disease with practical strategies, information and resources.

### First Link®

First Link® is a program of the Alzheimer Society that connects persons with dementia and their families to information, support services and education as early as possible and throughout the progression of the disease. Our First Link Coordinators offer individualized service and support.



### Support Groups for People with Dementia

We offer support groups for those experiencing the symptoms of dementia. These groups offer the opportunity to connect with others sharing a similar experience.

### Caregiver Support Groups

For those caring for someone with the disease - whether you, a spouse, family or friend - we offer support groups that provide a safe space to share and learn together.

# Community Changes Everything

Alzheimer Society

SASKATCHEWAN

Learn More Live Well



## Knowledge Changes Everything

### Learning Opportunities

Our learning opportunities empower people with dementia and their families to live as well as possible with the disease.

Whether it is our Learning Series, our Evenings of Education or our other programming, we provide

ongoing opportunities for you to better understand dementia, learn coping strategies and discover available resources and supports in your community.

### Online Resources

We also provide a range of online resources and events, free of charge, that are available to you and your family. Come learn with us.



## Dementia Helpline

**Do you have questions about dementia?  
Do you need someone to talk to?**

Call our Dementia Helpline 1-877-949-4141

Support is available to anyone in Saskatchewan through our Dementia Helpline.

Hours: Monday to Friday, 8:30 a.m.– 4:30 p.m.