

Brain Health Resources in Canada

Alzheimer Society

Phone: 1-800-667-3742

Email: info@alzheimerbc.org

National website: <https://alzheimer.ca>

Minds in Motion®	A fitness and social program for people living with any form of early-stage dementia along with a family member, friend or care partner.
Support Groups	Information and discussion groups for people in the early stages of dementia and for caregivers, available either in-person or by phone.
Webinars	Online webinars and videos are available on a range of topics about living with dementia.
First Link®	Bulletins, support groups, education and one-on-one phone calls, available throughout the progression of the disease. Accessed through the Helpline, visiting a resource centre or through a referral from a health-care provider.

Please visit your local Alzheimer Society website (links below) for further information on available program and services.

BC	https://alzheimer.ca/bc	QC	https://alzheimer.ca/federationquebecoise
AB and NT	https://alzheimer.ca/ab	NB	https://alzheimer.ca/nb
SK	https://alzheimer.ca/sk	NL	https://alzheimer.ca/nl
MB	https://alzheimer.mb.ca	NS	https://alzheimer.ca/ns
ON	https://alzheimer.ca/on	PEI	https://alzheimer.ca/pei

The Association for Frontotemporal Degeneration

Phone: 1-866-507-7222 (HelpLine)

Email: info@theaftd.org

Main website: <https://www.theaftd.org/>

For kids and teens:

<http://www.aftdkidsandteens.org/>

AFTD Website

Information, resources and support related to FTD. Sign up for newsletters and email alerts to stay informed about research, advocacy and support efforts.

Kids & Teens Website

Information and coping strategies for children with a parent/close relative affected by FTD.

Facebook

- **[facebook.com/TheAFTD](https://www.facebook.com/TheAFTD)**: information on events and research findings
- **[facebook.com/groups/52543721114](https://www.facebook.com/groups/52543721114)**: A closed group where members share their experiences and respond to discussion topics
- To join the “secret” facebook group for young adults in their 20s and 30s email youngadults@theaftd.org

AFTD HelpLine

A direct service to persons with FTD, care partners and professionals. Accessible by phone or email.