

VANCOUVER ISLAND

Greater Victoria

202 - 306 Burnside Rd. West, Victoria
250-382-2052
First Link®: 250-382-2033

North & Central Vancouver Island

200 - 1585 Bowen Rd., Nanaimo
250-734-4170 or 1-800-462-2833 (Island only)
First Link®: 250-734-4171 or 1-888-734-4171

INTERIOR AND NORTHERN REGIONS

Central Interior

405 - 235 1st Ave., Kamloops
250-377-8200 or 1-800-886-6946

Northern Interior & Skeena

202 - 575 Quebec St., Prince George
250-564-7533 or 1-866-564-7533
First Link®: 250-645-2200 or 1-888-645-2288

Peace Region

250-782-1439 or 1-866-782-1439

OKANAGAN

North & Central Okanagan

307 - 1664 Richter St., Kelowna
Vernon Resource Centre - by appointment only
250-860-0305 or 1-800-634-3399
First Link®: 250-860-0750 or 1-888-760-0750

South Okanagan & Similkameen

104 - 35 Backstreet Blvd., Penticton
250-493-8182 or 1-888-318-1122

KOOTENAYS

West Kootenay

250-365-6769 or 1-855-301-6742

East Kootenay

1-800-936-6033

LOWER MAINLAND/FRASER VALLEY

Abbotsford/Mission

214 - 2825 Clearbrook Rd.
Abbotsford
604-859-3889

Chilliwack/Hope

9291 Corbould St.
Chilliwack
604-702-4603

Chinese Resource Centres

300 - 2425 Quebec St.
Vancouver
604-687-8299

290 - 7000 Minoru Blvd.

Richmond
604-279-7120

North Fraser

103 - 5623 Imperial St.
Burnaby
604-298-0780
or 604-298-0782
First Link®: 604-298-0711

South & East Fraser

201 - 15127 100th Ave.
Surrey
604-449-5000

North Shore & Sunshine Coast

212 - 1200 Lynn Valley Rd.
North Vancouver
604-984-8348
or 1-866-984-8348
First Link®: 604-984-8347

White Rock/Surrey Central/ North Delta

4 - 1475 Anderson St.
White Rock
604-541-0606

Vancouver - Richmond

300 - 2425 Quebec St.
Vancouver
604-675-5150
First Link®: 604-675-5155

First Link® Dementia Helpline

1-800-936-6033 or 604-681-8651 (Lower Mainland)
Hours: Monday to Friday, 9 a.m. to 4 p.m.

Provincial Office

300 - 828 West 8th Ave., Vancouver, B.C. V5Z 1E2
604-681-6530 or 1-800-667-3742



*“You are helping us take back our lives,
our dignity.”*

Programs and Services

Alzheimer Society of B.C.

Programs and Services

The journey with dementia poses many challenges. For families on the journey, having an understanding of what they face can make all the difference. The Alzheimer Society of B.C. is dedicated to helping families build the knowledge, skills and confidence to live well with dementia.

Thanks to the generosity of our donors and funders, and the commitment of our volunteers, the Alzheimer Society of B.C. is able to offer a variety of services designed to give people the help they need, when they need it, and in ways that work for them.

Alzheimer Resource Centres

Resource Centres located throughout the province offer information, educational opportunities, support groups and the ability to talk directly with a knowledgeable team member. Resource Centres also offer information packages with brochures and fact sheets, individual support by appointment and referrals to community resources.

First Link® Dementia Helpline

1-800-936-6033 or 604-681-8651 (Lower Mainland)
A province-wide information and support service.
Hours: Monday to Friday, 9 a.m. to 4 p.m.

Information Bulletins

Two regular publications to connect and inform caregivers (*In Touch*) and people with dementia (*Insight*).

Dementia Education

Heads Up: An Introduction to Brain Health

Encourages people to actively engage in protecting and maintaining their brain.

Getting to know Dementia

An introductory session for the person with dementia, care partners, and family members.

Shaping the Journey: living with dementia®

Six-session education series for people with dementia and their care partners to explore the journey ahead in a positive, informative and supportive environment.

Family Caregiver Series

Five-session series for family members who are caring for a person with dementia. Learn about dementia, practical coping strategies and early planning.

Workshops are also offered on a wide variety of topics from time of diagnosis to end of life.

Tele-Workshops

One-hour telephone workshops for family caregivers. Includes online materials presented during the workshops. For information call 604-681-6530 (toll-free 1-800-667-3742) or visit our website.



Support Groups

- Early Stage Support Groups - for people with early symptoms
- Caregiver Support Groups - day and evening

Individual Support

- Available by appointment. Call your local Alzheimer Resource Centre (see back page).

First Link®

Connecting individuals and families with services and support as soon as possible after diagnosis. *

Minds in Motion®

A fitness and social program for people experiencing early stage memory loss and a family member or care partner. *

*Not available in all areas. Contact your local Alzheimer Resource Centre for more information.

Coping with Transitions in Dementia Caregiving: Dimensions of Loss and Grief

Six-session series exploring the loss and grief issues of the caregiving experience in order to identify tools and strategies for weathering the myriad of these transition losses. Available on Vancouver Island only.

Contact your local Alzheimer Resource Centre or visit our website at www.alzheimerbc.org for more information.