

INTERACTIVE GROUP PROGRAM  
FOR CARE PARTNERS OF  
PEOPLE LIVING WITH DEMENTIA



— THE REITMAN CENTRE —  
**TEACH PROGRAM**

Training, Education, and Assistance for Caregiving at Home



**Sinai Health System**

THE CYRIL & DOROTHY, JOEL & JILL  
REITMAN CENTRE FOR ALZHEIMER'S  
SUPPORT AND TRAINING

# TEACH PROGRAM

- Focuses on **common caregiving themes** including:
  - 1) Self-care
  - 2) Healthcare System Navigation
  - 3) Relationship Changes
  - 4) Future planning
- Coaches care partners in **practical communication and coping skills**
- Provides opportunity to **share and learn** from other care partners.
- TEACH program was developed by the Reitman Centre, Sinai Health System in Toronto.

**TEACH program runs for 4 weekly or bi-weekly sessions, 1.5 hours per session, maximum 8 care partners in group and is free of charge to care partners of people living with dementia.**

## FOR MORE INFORMATION

about upcoming TEACH programs  
and to register, please contact:

# Alzheimer *Society*

S U D B U R Y - M A N I T O U L I N , N O R T H B A Y & D I S T R I C T S

**Alzheimer Society Sudbury-Manitoulin, North Bay & Districts**

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