



Coming up in January and February...

COURSES AND SEMINARS

NAVIGATING DEMENTIA

A ninety-minute introductory session for anyone with questions about dementia

Hutt Valley, 24th January, 10am at Petone Community Centre

Kapiti, 12th February, 10am at Kapiti Library

Tawa, 25th February, 7pm at Tawa College

DEMENTIA ESSENTIALS – MID STAGE

A three-session course for family and friends supporting a person in the mid-stage of dementia

Hutt Valley, Wednesday 13th, 20th, and 27th February

To find out more information or to register for any of our courses, contact us on (04) 972 2595 or email admin@dementiawellington.org.nz

Please bring a koha/ donation to help us cover course costs

COGNITIVE STIMULATION THERAPY (CST)

CST is a validated therapy for people with mild to moderate dementia. People who join the CST group attend twice per week for seven weeks.

Kapiti, Every Monday and Thursday from 11th February to 28th March

COG CAFES

Casual monthly meet-ups for people with dementia and their supporters

Mondays 10am to 11am

Kapiti – Second and fourth Monday of the month (Lindale café, Paraparumu)

Wellington – Third Monday of the month (Picnic café, Botanic gardens)

Porirua – Fourth Monday of the month (Mitre 10 Mega café)

Petone – last Monday of the month (Mitre 10 Mega café)

SUPPORT MEETINGS

Monthly groups for anyone supporting a person with dementia

Kapiti – Second Thursday of the month, 1:30pm (please call office to confirm venue)

Wellington – Second Monday of the month, 10am at Sport Wellington, Thorndon

Porirua – Second Wednesday of the month, 10.30am at Kemp Hall, Porirua

Lower Hutt – Third Wednesday of the month, 1pm at Petone Community House

Upper Hutt – Fourth Thursday of the month, 2pm at Summerset Village, Trentham