

# Alzheimer Society

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

## Local services at the Alzheimer Society of Saskatchewan

### First Link®

A program that aims at achieving early intervention to connect individuals and families with services and support as soon as possible after diagnosis.

### Individual Support

Available by phone or appointment. Call your local Alzheimer Society Resource Centre or the Dementia Helpline.

### Learning Series

The Learning Series helps people with dementia, their families and friends to live as well as possible with the disease. The courses offered build upon each other to provide participants with a comprehensive overview of dementia, coping strategies, available resources and support. Participants have the opportunity to learn and share with others who are affected by dementia.

For upcoming Learning Series dates, [click here](#)

### Support Groups

We offer Early Stage Support Groups for people with early symptoms of dementia and Caregiver Support Groups for those caring for someone with the disease (spouses, family or friends). [Find a Support Group near you.](#)

### Dementia Helpline

1-877-949-4141

The Dementia Helpline is a province-wide information and support service.

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

### Alzheimer Society Resource Centres

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

#### Cypress Resource Centre

Swift Current

306-773-2683

[cypress@alzheimer.sk.ca](mailto:cypress@alzheimer.sk.ca)

#### Prairie North Resource Centre

North Battleford

306-445-2206

[prairienorth@alzheimer.sk.ca](mailto:prairienorth@alzheimer.sk.ca)

#### Prince Albert Parkland Resource Centre

Prince Albert

306-773-2683

[paparkland@alzheimer.sk.ca](mailto:paparkland@alzheimer.sk.ca)

#### Regina Qu'Appelle Resource Centre

Regina

306-949-4141

[regina@alzheimer.sk.ca](mailto:regina@alzheimer.sk.ca)

#### Saskatoon Resource Centre

Saskatoon

306-683-6322

[saskatoon@alzheimer.sk.ca](mailto:saskatoon@alzheimer.sk.ca)

#### Sun Country Resource Centre

Weyburn

306-842-2273

[suncountry@alzheimer.sk.ca](mailto:suncountry@alzheimer.sk.ca)