

Are you a group of two or more people living with dementia?

Is the main focus of your group ensuring the engagement and empowerment of people living with dementia?

## JOIN THE



DEMENTIA EMPOWERMENT NETWORK

RÉSEAU D'AUTONOMISATION DES PERSONNES ATTEINTES DE TROUBLES NEUROCOGNITIFS



## WHAT IS THE DEN?

We're a collection of peer support groups that are based around: friendship, mentorship, community connections and advocacy.

## AS A MEMBER, YOU WILL HAVE THE OPPORTUNITY TO:

- Join monthly peer support groups on Zoom.
- Advertise your group on our website.
- Build connections, friendships, mentors/mentees etc with others like you.
- Learn about opportunities to get involved including volunteer opportunities within the DEN.

## FREQUENTLY ASKED QUESTIONS

**What do group members like about DEN membership?** Social engagement, caregiving support, opportunities to collaborate, decision making ability, access to information and resources, group camaraderie and understanding.

**How do I join a group already part of the DEN?** Check out our website!

**Are there groups for care partners?** Yes! And if there isn't a group for care partners in your area, consider starting your own!

**What are key factors for starting a new group?** Recruit strong leaders, keep it simple, listen to community, be realistic (and patient!)

Contact us for more information!

Visit our website!



[www.denvoices.ca](http://www.denvoices.ca)



Join our Facebook Group by scanning the QR code!

