

Are you a person living with memory challenges?

Would you like to meet others like yourself to share experiences, and build friendships and connection together?



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.

JOIN A DEN GROUP

- Meet others who understand
- Enjoy conversation, laughter, and connection
- Build friendships and confidence
- Care partners can meet in a separate group at the same time

Groups are peer-led and supported by the Hamilton Council on Aging. Some meet in community centres, others in cafés or retirement homes.

START YOUR OWN GROUP

Do you have an idea for a new group in your community? The DEN can help you make it happen.

We offer:

- Step-by-step guidance to get started
- Tools and templates for meetings and recruitment
- Volunteer and logistical support
- Access to a wider network of DEN members across Canada

Contact us for more information!

DEN@hamiltoncoa.com

**Visit our
website!**



www.denvoices.ca

**Join our Facebook Group by
scanning the QR code!**

