



The MindFULL Café

“Changing our minds about people whose minds have changed.” Dr. Al Power

We want to be aware that our minds and lives can still be full even though we might have dementia. Here is an opportunity to get together with others, share experiences, and enjoy some support. Tea, coffee and great snacks are available for purchase.

What? The MindFULL Café, part of the international Alzheimer Café movement, is an opportunity to meet in a relaxed social setting for persons with dementia, family, care partners and other interested people. The Café is a 2 hour get together with refreshments, entertainment and information.

There are hundreds of cafés of this type throughout Europe. This will be the first in western Canada.

Why? To provide a safe place to socialize and share experiences with others who have dementia.

Who? You may be living with dementia or be a care partner, family member, friend, healthcare partner or anyone who wants to come and learn more about dementia. Everyone is welcome!

When? The first Saturday of each month, 3:00 PM to 5:00 PM.

Where? Sherbrooke Community Centre cafeteria
401 Acadia Drive, Corner of 14th St and Acadia Drive
Saskatoon, SK (in the College Park area)

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