

# OUR GOALS

**Cognitive stimulation programs using evidence-based practices to improve or maintain cognitive function and overall holistic wellness.**

Additional Outreach and Caregiver Resources to connect you to your community are available at Clearbrook Mennonite Brethren Church. For more information call: (778)-549-6413



**CONTACT US**  
(778)-549-6413

## Program Days and Locations

**Every Tuesday**

**Full day: 9:30 am -3:30 pm**

**Half day: 9:30 am -12 noon  
or 1:00 pm -3:30 pm**

**2719 Clearbrook Road  
Abbotsford, BC**

**ADULT  
COGNITIVE  
WELLNESS  
PROGRAM**

# About Us

A Day Program option focuses on organized cognitive stimulating activities in a group setting to reduce isolation for older adults with mild to moderate cognitive impairment.

At the same time, this program assists caregivers with respite and offers caregiver support.

This partnership program is between the Clearbrook Mennonite Brethren Church and Adult Cognitive Wellness Centre.



## WHO CAN SIGN UP?

Adults 50+ with mild to moderate cognitive impairment. Our team members will make sure participants are connected with others who match their stage and abilities.

## WHAT ARE THE BENEFITS?

We will help to maintain independence and reduce isolation, all while maintaining the individual's current level of cognitive and physical abilities for as long as possible, using a holistic approach.

## RESEARCH

Programs like ours can help prevent or delay placement into long-term care by supporting client independence, self-reliance and self-empowerment through personalized care and peer-inspired self confidence.

## HOW TO SIGN-UP?

To register or for questions please call (778) 549-6413. Program offered on Tuesdays at Clearbrook Mennonite Brethren Church.



**Dementia Centre Without Walls**

