

In-Home Support



- Volunteer Navigators
- Long Distance transportation (non emergency medical appointments)
- Local transportation to appointments
- Appointment Advocacy
- Frozen Meal Program
- Light Housekeeping
- Short term caregiver respite
- Friendly Visiting
- Minor Home Maintenance
- Certified End of Life Doula

Community Support



- Caregiver Support Groups
- Bereavement Cafe
- Link seniors to services and resources
- Hope Harbour Dementia Day Program
- One on One support for isolated seniors

Social Support



- Feast to Friendship luncheons for isolated seniors
- Cold Lake Men's Shed
- Cycling Without Age Tri Shaw (summer program)

Education



- Caregivers Resource Library
- Dementia Resource Kits
- NavCare Volunteer Training
- Public Awareness Campaigns
- Community Agency Presentations

agefriendlycoldlake.ca



Locations & Weekly Sessions

Each location runs from 10:00 am to 3:00 pm. Registration is required.

Cold Lake Community Church

1st and 3rd Wednesday each month
5216, 51 Avenue Cold Lake

Points West Living

2nd Wednesday each month
(open to the public)
512, 25 Street, Cold Lake

French Cultural Centre

4th Tuesday each month
4904 50th Street Bonnyville

Connect with

Age Friendly Cold Lake to register

Phone - 780-594-5666

Email: admin@agefriendlycoldlake.ca

Address – 5510 56 Street, Cold Lake

T9M 1R5

Hope Harbour

Caregiver Respite Program



*Calm waters,
caring hands.*

Hope Harbor: A Sanctuary for Dementia Caregivers

- Hope Harbor is designed specifically to support caregivers who care for individuals with dementia.
- We recognize that you often face high levels of stress, exhaustion, and emotional strain.
- Gives you trusted respite by ensuring the person you care for is engaged and supported.
- Offers access to resources, educational programs, and support services tailored to unique needs.
- Fosters connections among caregivers, reducing isolation and building a sense of community.
- Equips you with tools and strategies to maintain your own health and well-being.
- Empowers you to improve the quality of life for you and the person you care for.



Hope Harbour: A Welcoming Space for Persons with Dementia

- Safe and welcoming environment that fosters comfort and security
- Respectful, compassionate care from trained staff and dedicated volunteers.
- Sense of belonging and community through social interaction and friendships.
- Cognitive stimulation with activities that support memory and mental engagement.
- Emotional well-being through music, crafts, and joyful recreation.
- Physical health support with gentle movement and nutritious meals/snacks.
- Opportunities for self-expression in creative projects and group activities.
- Enhanced quality of life by feeling valued, supported, and included.

