

CaringKind Early-Stage Services

Join Us!

**Small group program for
people with early-stage
Alzheimer's or dementia.**



Cognitive Stimulation Therapy Program (CST)

**Improve thinking abilities,
communicate, and interact
with others in a relaxed, fun,
and social setting.**

CST Sessions include:

- Discussions around current events.
- A main activity with a theme.
- Validation of thoughts and opinions.
- Stimulating conversation.
- Enjoyable connections.

CST, an evidence-based program, creates a positive, accepting atmosphere where opinions rather than facts are shared and new ideas, thoughts, and associations are generated. CST activates various aspects of peoples' minds and its research shows improvements in cognitive function, mood, and quality of life.

Program Details

- 16 sessions, 45-60 minutes, twice a week for 8 weeks
- Small groups 5-8 people
- Virtual (Zoom) or In-person
- Available in Spanish

CaringKind's CST services are currently provided free of charge to clients living with Alzheimer's or another form of dementia. The CST program (valued at \$800 per person) is funded through grants, donations, CaringKind Walks, Forget-Me-Not Gala, fundraising events, and other philanthropic efforts. Contributions toward the program's sustainability are welcome.



For more information, call our Helpline: 646-744-2900 or email: helpline@cknyc.org

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Formerly known as the Alzheimer's Association, NYC Chapter