

JOURNEY TOGETHER:

A Workshop to Support People with Mild Cognitive Impairment or Early Memory Loss



Journey Together is a specialized workshop for a small group of people adjusting to life with memory and/or cognitive changes. Virtual sessions are facilitated by an experienced CaringKind dementia specialist, providing support and valuable information each week. Meaningful discussions focus on topics related to understanding and living with changes.

Sessions include mind-, body- and soul-enriching activities, and topical discussions like: Living with Change, Connecting with Community, What is Dementia?, Relationships, Grief and Loss, Self-care and Tell Your Story.



Program Details:

- 10 weekly, 60-minute sessions
- Small group with 4-6 people
- Virtual session (Zoom)
- Personal interview required for participation

Designed for people diagnosed with Mild Cognitive Impairment (MCI) or other early-stage memory problems (Alzheimer's or another form of dementia), participants share together their challenges and needs related to their own experiences and journey.

This pilot workshop group (valued at \$500) is funded by a grant from AARP and is offered free of charge. Participants will be asked to share feedback on their group experience to determine the program's validity and usefulness.

caringkind The Heart of
Alzheimer's Caregiving

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

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Formerly known as the Alzheimer's Association, NYC Chapter