

PARTNERING TOGETHER

Has your family member/partner recently been diagnosed with Alzheimer's or Dementia?

How does this impact you?



Dementia doesn't only affect the person who is diagnosed.

Partnering Together is a small group workshop for spouses/partners or family members who are new to supporting someone with Mild Cognitive Impairment, Alzheimer's, or another form of dementia.

Meaningful discussions each week focus on the core needs of a 'care partner' and will help you adjust to your new situation and supporting role.

Sessions include mind-, body- and soul-enriching activities, and topical discussions including: *Telling Your Story, Understanding Dementia, Brain Function and Daily Activities, Adapting to Changing Relationships, Coping with Grief and Loss, Stress & Self-care, Getting Help, Legal, Financial and End of Life Issues, Why? Existential and Spiritual Questions*



Program Details:

- 10 weekly, 60-minute virtual sessions (Zoom)
- Small group with 6-8 people
- Complimentary group available for partner living with dementia
- Join a CaringKind Support Group after program completion

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

This program (valued at \$350 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. ~ Participants will be asked to complete questionnaires and share feedback to determine the program's personal impact and help us improve future offerings.

caringkind The Heart of
Alzheimer's Caregiving

[f/caringkindnyc](https://www.facebook.com/caringkindnyc) [@caringkindnyc](https://twitter.com/caringkindnyc) [@caringkindnyc](https://www.instagram.com/caringkindnyc)

CaringKind
360 Lexington Avenue, 3rd Floor
New York, New York 10017
CaringKind Helpline: 646-744-2900
caringkindnyc.org

Formerly known as the Alzheimer's Association, NYC Chapter