

**caringkind** *The Heart of  
Alzheimer's Caregiving*

*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.

**For more information, call our Helpline: 646-744-2900 or email: [helpline@cknyc.org](mailto:helpline@cknyc.org)**

*This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,333,945 with 75% funded by ACL/HHS and \$333,971 and 25% funded by non-government source(s). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.*

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*Formerly known as the Alzheimer's Association, NYC Chapter*