

Cognitive Stimulation Therapy Program (CST)

Small group program for people with MCI, early-stage Alzheimer's or another dementia

CARINGKIND
EARLY-STAGE SERVICES

CST, is an evidence-based program, that 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.

CST Sessions include:

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

PROGRAM DETAILS:

- 16 sessions, 45-60 minutes, twice a week for 8 weeks
- Small groups 6-8 people
- In-Person or Virtual Sessions

For more information,

Visit our website at:

www.caringkindnyc.org/earlystage

OR

Use the QR code below



Cognitive Stimulation Therapy 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.

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

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