

# JOURNEY TOGETHER

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

CARINGKIND  
EARLY-STAGE SERVICES

**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
- In - Person or Virtual Sessions
- Personal interview required for participation

**For more information,**

Visit our website at:  
[www.caringkindnyc.org/earlystage](http://www.caringkindnyc.org/earlystage)  
OR  
Use the QR code below



*Journey Together 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

caringkind