

MIND & Memory

A GROUP APPROACH TO MEMORY ENHANCEMENT



Cognitive Skills

The Mind & Memory group focuses on highlighting the 28 cognitive skills and implementing them into daily living. Teaching and using these cognitive strategies aids to support memory via Input, Elaboration, and Output skills. Cognition is improved through mindful practice.



Growth Mindset

At The MINDCAP Center, we believe that all people are capable of having a growth, instead of fixed, mindset. This group challenges fixed beliefs to overcome, change, and grow dendritic connections in the brain. These connections improve mindset and memory.



Memory Tasks

The Mind & Memory group engages memory through practice, activities, and storytelling. These reflective stories help activate memories, while group activity and practice work help support recall and remembrances.

**CLASSES MEET
WEDNESDAYS FROM
9:00-10:30 A.M.,
FEBRUARY 4-APRIL 8TH**



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Register now by requesting/submitted a Case History form



Cost is \$660, which includes 10 sessions and all materials

