

Dementia Support Group 2026



Time: 2pm-5pm



Venue: NSOC Meeting Room, Level 1

National Neuroscience Institute (TTSH Campus)

*Date	*Topics
13 Mar (Fri)	Mindfulness Activities Join engaging mindfulness activities for mental wellbeing
8 May (Fri)	Sharing by Psychologist Learn from our psychology expert on relevant dementia topics
24 Jul (Fri)	Music Therapy Discover the benefits of music therapy
11 Sep (Fri)	Sharing by Dementia Singapore Learn about available support services and resources
13 Nov (Fri)	Journey with Dementia Insights on dementia care by hospice team

* Topics & timing subject to change.



National
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SingHealth

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