

2025 Dementia Friends Sessions & Champions Trainings

Please join us for a free, virtual Dementia Friends Session with optional Dementia Friends Champions training offered twice a month.



What is Dementia Friends?

***Dementia Friends is a global, call-to-action movement developed by the Alzheimer's Society in the United Kingdom and now underway in the United States.** The goal is to help everyone in a community understand how dementia impacts individuals and families, and things we can each do to make a difference in the lives of those affected. In this free, virtual, one-hour session we will cover the basics of dementia including common types, signs and symptoms, communication tips, community resources and more. An emphasis on positive messaging and dementia stigma reduction is a key part of this program, designed to reach audiences in all community sectors.

****A Dementia Friends Champion** designation is received after attending a 2.5 hour free, virtual training which includes a Dementia Friends session and additional information, resources and materials needed by Champions to deliver free virtual or in-person Dementia Friends sessions throughout their communities.

Attendees interested in becoming a *Dementia Friend** will participate for the first 75 minutes. Attendees seeking to become a *Dementia Friends Champion*** will participate for the entire 2.5 hours. Please note, pre-registration is required by using the links below.

2025 Daytime Sessions

12:00-2:30 pm ET

Second Thursday of every month

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| Jan 9th | May 8th | Sep 11th |
| Feb 13th | Jun 12th | Oct 9th |
| Mar 13th | Jul 10th | Nov 13th |
| Apr 10th | Aug 14th | Dec 11th |

2025 Evening Sessions

6:00-8:30 pm ET

Fourth Tuesday of every month

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| Jan 28th | May 27th | Sep 23rd |
| Feb 25th | Jun 24th | Oct 28th |
| Mar 25th | Jul 22nd | Nov 25th |
| Apr 22nd | Aug 26th | Dec 23rd |



An Initiative of Dementia Friendly America* and Ohio Council for Cognitive Health



A Dementia Friendly America initiative



[CLICK HERE](#)

Sign up for daytime sessions by scanning the QR code or clicking the link above!



[CLICK HERE](#)

Sign up for evening sessions by scanning the QR code or clicking the link above!

Please reach out to Elizabeth Kinzig (ekinzig@ocfch.org) or Marty Williman (mwilliman@ocfch.org) with questions or for more information.