2026 Dementia Friends Sessions and Champions Trainings

Join the movement to reduce stigma and build understanding of dementia. Attend a free virtual Dementia Friends Session or become a Champion to lead sessions in your own community!

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.

2026 Daytime Session
10:00 a.m. - 12:30 p.m. EST
Second Thursday of every month

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

2026 Evening Session
6:00 - 8:30 p.m. EST
Fourth Tuesday of every month

Jan 27th	May 26th	Sep 22nd
Feb 24th	Jun 23rd	Oct 27th
Mar 24th	Jul 28th	Nov 17th
Apr 28th	Aug 25th	Dec 15th

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!

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

Ohio Council for Cognitive Health

Dementia Friends Ohio
A Dementia Friendly America initiative

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