



Join the global movement to change the way people think, act and talk about dementia!

What is Dementia Friends?

Dementia Friends is a global movement to spread awareness and understanding about how dementia affects members of our communities, and how we can all make a difference.

What is a Dementia Friends Champion?

A Dementia Friends Champion is a volunteer who participates in a 3 hour Champion training. The training provides all the knowledge and materials needed for the Champion to facilitate a one-hour Dementia Friends information session with friends, family, colleagues and the wider community. Materials are available in eight languages, for in-person or virtual information sessions.



You don't need to be a dementia expert or to know someone living with dementia to become a Dementia Friends Champion.

Learn more at www.dementiafriendsma.org



Dementia Friends Champions say:

"During my sessions, participants were highly engaged and grateful for the opportunity to attend."

"I love giving tools to people and seeing the understanding in their faces."

"It's easy to lead the sessions and they are accessible to everyone."

Learn more about Dementia Friends Massachusetts or find a Champion training at www.dementiafriendsma.org.

Questions? Contact Beth at bsoltzberg@jfcsofma.org or 781-693-5628.

A PROGRAM OF
JF&CS

