

How to Start a Memory Cafe in your Community: A Free Half-Day Training

JUNE 12, 2026 | 10 AM - 2:30 PM

Memory Cafes are free, informal, social gatherings for people living with dementia and their care partners.

They typically take place in welcoming public spaces, such as restaurants, cafes, libraries, museums, and community centers.

WHO IS THIS TRAINING FOR?

Community members, volunteers, and organizations who intend to start a community-based Memory Café within the next year that will be open and accessible to the public.

WHAT WILL I LEARN AT THE TRAINING?

- How to start and run a Memory Café
- Ways to support care partners
- Skills for facilitating a welcoming and engaging Memory Café



HOW LONG IS THE TRAINING?

4.5 hours (Lunch included)

WHERE WILL THE TRAINING BE HELD?

Lewis-Mason-Thurston Area

Agency on Aging

2404 Heritage Ct SW

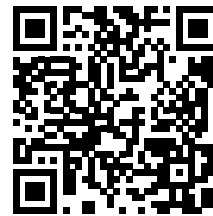
Olympia, WA 98502



REGISTRATION REQUIRED BY JUNE 7

Space is limited to 40 participants.

Register here:



<https://forms.cloud.microsoft/r/AuXu3fX-1qX?origin=1prLink>

Questions? Contact Katie, Project Lead for the Memory Cafe Expansion Project- karenadz@uw.edu/ (206)685-6749

Starting in 2026, the UW Memory and Brain Wellness Center will work with community partners to launch the Memory Cafe Expansion project. We invite you to join! Learn more by visiting <https://depts.washington.edu/mbwc/resources/memory-cafes-wa>



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING

UW Medicine
UNIVERSITY of WASHINGTON

MEMORY & BRAIN
WELLNESS CENTER