

LORENZO'S YOUTH SUMMIT

| FRIDAY JUNE 20th SCHEDULE (ages 8+) | Option 1 | Option 2 | Session Description |
|--|----------------------------------|-----------------|--|
| | 12:00-12:45 pm CT | 6:00-6:45 pm CT | Lorenzo's Summit 2025 kick-off will open with a panel of sons & daughters from around the globe and our Founding Executive Director, Diana Shulla Cose, engaging in a discussion about the idea of dementia justice; what it means to us and ways we can create a world with less dementia stigma & more understanding. |
| | 6:00-6:45 pm GMT | | |
| | 12:45-1:45 pm CT | 6:45-7:45 pm CT | Collective Art Experience This session is a powerful, hands-on art experience that brings our community together! We will use creative expression to share our unique stories and reflect. As we contribute to a collective art piece, we'll explore the connections between our individual experiences & the strength we build together. |
| | 6:45-7:45 pm GMT | | |
| | 1:45-2:30 pm CT 7:45-8:30 GMT | 7:45-8:30 pm CT | A time to connect! Our Lorenzo's House community will gather in breakout rooms and youth leads will guide informal activities to get to know one another and have fun with peers worldwide walking a similar journey. |

| SATURDAY JUNE 21st SCHEDULE: TEENS (13-17 yo) | Welcome | Our Youth Summit emcee, Colby Nunn, along with Lorenzo's House Founding Executive Director, Diana Shulla Cose, will welcome everyone to the 5th Annual Lorenzo's Youth Summit & overview our time together. |
|---|---------------|---|
| | Break | |
| | SESSION 1 | Light Club or Shine On Experience our 'Light Club' - a safe, brave virtual hangout for young people of a parent/guardian living with younger-onset dementia. OR Experience 'Shine On' - a brave, safe space for young people experiencing grief and loss. |
| | Break & Lunch | |
| | Mindfulness | A Youth Lead will facilitate a rejuvenating journey into the present moment with a mindfulness meditation. This practice will bring awareness and calm as we transition to the latter half of our day. |
| | SESSION 2 | Healthy Expressions of Grief & Loss A supportive space to explore healthy ways of understanding, expressing, and navigating grief and loss through meaningful conversations and practical tools. Future Focused: Career Paths, Resume Tips & Transferable Skills for Teen Carers Explore how the experiences of caregiving can translate into transferable skills for future careers. Learn how to highlight these strengths on your resume, discover potential career paths influenced by your journey, and gain practical tips to prepare for jobs. Unlocking Brain Health: A Teen's Guide to Supporting Brain Health A safe space for an engaging discussion on Brain Health—sharing insights and practical tips for embracing a brain-healthy lifestyle. |

LORENZO'S YOUTH SUMMIT

SATURDAY JUNE 21st SCHEDULE: TEENS (13-17 yo)

| | |
|---|--|
| Break | |
| SESSION 3 1:30- 2:30 pm CT | Dementia Justice: Our Empowerment PLUS Model Shines This session will include learning and practicing the EmpowermentPLUS model while developing a toolkit that turns stigma to strength to bring about dementia justice. |
| Break | |
| SESSION 4 2:45- 3:45 pm CT | Building Bridges: Tips, Tools, and Resources for Connection Explore creative ways to maintain and strengthen your bond with your person even if you are near or far from your parent- whether it's finding ways to share moments of joy or learning how to connect when words become difficult, this session will empower you to build bridges of love & support. Our Stories, Our Wisdom This session offers a meaningful space for reflection, connection, and creative expression—whether through art, writing, or movement—to explore our unique stories and celebrate the strength in our journeys. Brain Talk: Ask the Neurologist! This session will answer questions posed by our teen community - sharing information and insights about the brain and responding to participant questions about brain science. |
| 3:45- 4:30 pm CT | Closure Together, we will reflect on our day and commit to our own steps forward—sharing with our families, practicing mindfulness and self-care, building community and driving dementia justice. |