



# Caregiver Workshop

Join Full Life Care and SilverKite Community Arts for this upcoming workshop supporting family caregivers, hosted at the Memory Hub.

## Visual Journaling Workshop

June 6th 10:30 am — 12:30 pm | RSVP by 5/28/26



Visual Journaling is introduced as a reflective and creative personal practice. Themes of caregiving are represented in discussion, storytelling, symbols and mindfulness.

*Care companion and/or plus one welcome.*

**Sign-up for this complimentary workshop soon!**

RSVP to Kathryn Russell at [Kathryn.Russell@FullLifeCare.org](mailto:Kathryn.Russell@FullLifeCare.org) or call (206) 305-0523



**Connection**



**Creativity**



**Self-Care**



**Focus**

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*Full Life's Care Teams for Caregiver Respite program receives funding from the King County Veterans, Seniors and Human Services Levy.*

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