



Powerful Tools for Caregivers

Are you an LGBTQ+ caregiver or caring for an LGBTQ+ friend or family member?

The AgePRIDE Center and UW Memory and Brain Wellness Center in partnership, bring you Powerful Tools for Caregivers. Learn key tools for self-care such as reducing personal stress, communicating in challenging situations, identifying community resources, and more.

Attend a free 6-week class about taking care of yourself while you care for a loved one

DATE: Tuesdays, July 20 – August 24, 2021

TIME: 2:00 – 3:30 PM PST

WHERE: Online by Zoom

Space is limited. Please register by July 13 at:
AgePrideCenter@uw.edu, or 206-543-2449

Access
Powerful
Tools for
Caregivers!