



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 or call (206) 305-0523



Connection



Creativity



Self-Care



Focus

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