



Caregiver Workshops

Join Full Life Care and SilverKite Community Arts for two upcoming workshops supporting family caregivers at the Memory Hub.

Community “Quilt” Workshop

May 9th 10:30 am — 12:30 pm | RSVP by 5/5/26

Mixed media community “quilt” made with paper, scissors, glue and various supplied craft materials. And facilitation includes themes of caregiving, storytelling and expressive art. Each person creates their own paper square to be displayed together at the end of the workshop.



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.

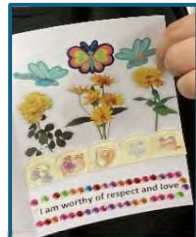
If attending with your care partner, they will be enjoying a concurrent program nearby.

Sign-up for one or both complimentary workshops!

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.