

LGBTQ+ Care Partner Programs

Offered through a collaboration between the Finger Lakes Caregiver Institute at Lifespan and the Out Alliance.

Below are a listing of upcoming programs for LGBTQ+ individuals caring for people with a chronic illness and/or Alzheimer's and related dementias. *All programs take place at the Out Alliance (100 College Ave #100, Rochester, NY 14607) unless otherwise stated.

Care Manager Office Hours

Social Worker Support with Kat

In-person consultation to discuss issues around aging and caregiving. Third Tuesdays from 11 AM-3 PM: Sep 18, Oct 16, Nov 20, Dec 18
Walk-ins welcome or call Kat at 585-498-4021 to make an appointment.

LGBTQ+ & Allies Caregiver Support Group



Third Tuesdays from 5:30 - 6:30 PM: Sep 18, Oct 16, Nov 20, Dec 18

Caring Grounds: LGBTQ+ Care Partner Coffee Hour



Drop-in coffee hour for care partners
Last Fridays from 9:00-10:00 AM:
Sep 28, Oct 26, Nov 30, Dec 28
*Equal Grounds, 750 South Ave, Rochester, NY 14620

Powerful Tools for Caregivers

(space limited, registration required)

**POWERFUL
TOOLS**
for Caregivers

A 6-week evidence-based self-care education program for care partners.
Thursdays, 5:30-7:00 PM:
Oct 11, 18, 25, Nov 1, 8, & 15
Register with Mara at 585-498-4022 or mkouides@lifespanrochester.org.

COMING SOON!

Care Partner Wellness Saturday at the Out Alliance

Save the date and stay tuned for more information on this event.
Saturday, November 10, 2018,
10:00 AM- 1:00 PM
For more information, call Mara at 585-498-4022 or mkouides@lifespanrochester.org.

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call Mara at 585-498-4022 or mkouides@lifespanrochester.org.**

