

# 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



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)



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](mailto: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](mailto:mkouides@lifespanrochester.org).

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