Powerful Tools for Caregivers

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

Healthy Generations

GenPRIDE
Generations Aging with Pride

Whether you provide care for a spouse, partner, parent, friend, neighbor, or a child with complex health or behavioral issues, this course is for caregivers like you!

Free!

Who: Family, including those of choice & friend caregivers

When: Mondays, Sept 14 – Oct 19, 2026, 10:00 – 11:30am

Where: Virtual via Zoom (link provided upon registration)

To register, go to: The Goldsen Institute - Powerful Tools for Caregivers
Call (800) 558-8703 or email GoldsenInstitute@UW.edu

Space is limited, deadline to register is September 8th!

With support from GenPride. For more information about GenPride, contact: Katharina [she/her], *Social Services Coordinator*
(206) 393-3400 - EXT: (206) 640-9311 Katharina@genprideseattle.org

All participants receive a free copy of The Caregivers Helpbook!