

Caregiver Club *Forum*

Topic: Mental Health

May is Mental Health Awareness Month.

Join **Old Friends Club** and other **caregivers in the community** as we share ways to *take care of ourselves* on our caregiving journeys for others.

Date: Tuesday, May 23, 2023

Time: 11:00 - 12:00 am (PST)

Location: Virtual, free to attend:

www.olderfriendsclub.org/caregiverclub



This is an **informal** opportunity to come together and chat with other caregivers in a **chat-room style** format. We hope to see you there!

Questions? Email Katie, katie@olderfriendsclub.org

OLD FRIENDS
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