

Caregiver Services with Vital Living

Join us to share understanding, tips, and small victories with others who are in a similar situation.

LGBTQ Caregiver Group

Looking for a safe and welcoming place where you can discuss the challenges, the frustrations, and the joys of caregiving?

East Side is partnering with Rainbow Health to provide people caring for an older adult a safe, confidential space to learn, share feelings, and find resources.

Attendance is open to any adult 18+ years of age who identifies as LGBTQ and is a caregiver for an older adult.

Via Zoom

We will create a hybrid model (in-person* and remote) when Covid community spread risk is reduced.

Join Us Monthly Every Third Monday

1:00-2:00 PM

Via Zoom and in-person when safe

In this supportive environment you can:

- Get connected to the community resources you need
- Meet and support fellow LGBTQ people with similar experiences
- Learn easy self-care strategies and coping techniques
- Vent, share your personal experiences, and leave feeling better for it!

* In-person participation will require Covid-19 vaccination.

**To Register, call Liz 612-787-4076 or email VitalLiving@esns.org
1700 2nd Street NE, Minneapolis, MN 55413**

**RAINBOW
HEALTH**



EAST SIDE
Neighborhood
Services

East Side's Caregiver Services are funded under contract with Trellis (formerly Metropolitan Area Agency of Aging, Inc.) as part of the Older Americans Act. Vital Living is supported, in part, by a Live Well at Home grant from the MN Department of Human Services.