



Center for Black Women's
Wellness

CAREGIVER BURNOUT WORKSHOP

Building Resilience,
Caring for the Carers,
Finding Balance

Take a step toward better mental well-being. Join us for this in-depth conversation by caretakers for caretakers. Build community, share resources, and uplift each other.

Wednesday, May 6th
12:00 PM
Virtual on Zoom

Scan to Register



or visit
www.cbww.org/events

