



*Rest is
not a luxury.
It's part of
the journey.*



Week 4: Caring for the Care Partner

Managing stress. Finding support. Taking care of yourself. Because your wellbeing matters too.

Care partners do so much—often quietly and selflessly. This week, we focus on you. Join us for practical strategies, meaningful conversations, and a supportive community that understands.

Together, we create connection, support, and hope.



MANAGE STRESS

Simple tools to help you breathe, reset, and recharge.



FIND SUPPORT

Connect with others who truly understand your experience.



TAKE CARE OF YOU

Prioritize your health, needs, and small moments of joy.



YOU MATTER

Your wellbeing strengthens everyone in the journey.



TUESDAY, 9/22/2026
12 NOON ET
11 AM CT
10 AM MT
9 AM PT

SAVE THE DATE

[APHASIA.ORG/EVENTS](https://aphasia.org/events)