



There are different types of caregivers and ALL are welcomed. This is a judgment free safe place to share, to learn and/or to just listen. It's a place of love, empathy and respect. It is a place to share the triumphs, the challenges, the disappointments, the accomplishments or simply a place to vent and reset ourselves so we can carry on one day at a time. Stress - free, safe environment. We are respectful to everybody's level of comfort and pace of engagement. Kat welcomes you with open arms! Kat will end the session with an Expressive Meditation Exercise that will be a reminder that you deserve time for yourself!

Kat Verdi, is a Certified Alzheimer's Disease and Dementia Care Trainer and a Senior Healthcare Transition Advocate. She serves as a proud ally and sound referral resource for anyone caring for a loved one. Her mission are the "3E's" - to Educate, Empower and Encourage caregivers. Kat shares her family's personal journey and the importance of self love and it's okay to make time for yourself. She's a firm believer in Caregiver Preservation & Self Care and advocates for all caregivers.