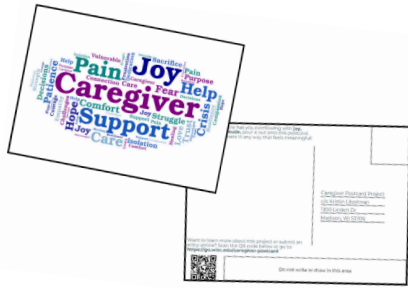


Caregiver Postcard Project



Art heals! Art helps bring the inside out! Art is fun! Art allows us to express things differently!

Participate in the [Caregiver Postcard Project](#) to help YOURSELF (for once!!) with:

- Using art as a quick tool for your Caregiving Journey
- Identifying moments of joy in one of the hardest jobs we can have
- Sharing an “in the moment” struggle
- Finding gratitude for a resource, experience, conversation, helping hand, etc.
- Contributing to public art to raise awareness about caregiving for family & friends who need extra support

It's simple - Take a card, capture a thought/picture/poem/collage ANONYMOUSLY to help bring your caregiving experience from the “inside” to the “outside.”

Pop it in the mail, and it will help inform a traveling public art piece, legislators/policymakers, and academic research.

Want to go digital? We can do that, too! Check out our [website](#) or Scan the QR Code on the postcard!



Who is running this project?

This project is led by Dr. Kristin Litzelman, a faculty member at the University of Wisconsin-Madison, and Kristin Voss, an educational consultant and founder of the Center for Caregiving Serenity. The Wisconsin Family Caregiver Support Alliance is collaborating on this work. The Ira and Ineva Reilly Baldwin Wisconsin Idea Endowment is funding the project. To order postcards or ask questions, contact litzelman@wisc.edu or kristinvoss6@gmail.com