



Volunteer Hospice OF CLALLAM COUNTY

SOUL CARE SPEAKER SERIES

Making Space for You in the Midst of Caregiving with Elizabeth Miller

Wed. Sept. 10, 2025, noon – 1 PM PT

Being a family caregiver is a role filled with love, responsibility, and often-overwhelm. Join us for a heartfelt and empowering virtual talk with Elizabeth Miller, family caregiver and founder of [Happy Healthy Caregiver, LLC](#), as she shares her personal caregiving story, practical self-care strategies, and a wealth of resources designed specifically for family caregivers.

During this 45-minute presentation, Elizabeth will reflect on her own caregiving journey, offer simple ways to prioritize your well-being (even on the busiest days), and introduce the helpful tools and community she has built to support caregivers just like you. Whether you are in the middle of caregiving or processing a recent loss, this session will leave you feeling seen, supported, and equipped with meaningful next steps.



This presentation will be followed by 15 minutes of live Q&A, giving you a chance to connect directly with Elizabeth and ask your caregiving questions. This event is hosted by Volunteer Hospice of Clallam County and is open to all family caregivers in our community. We hope you will join us for this inspiring conversation.

Elizabeth Miller is a family caregiver advocate, speaker, author, Certified Caregiving Consultant, and Certified Senior Advisor. Elizabeth's experiences caring for aging parents with chronic and terminal illnesses and for a sibling with developmental disabilities inspired her to create Happy Healthy Caregiver, LLC, in 2015. Through her coaching services, speaking, award-winning podcast, book, and online community, Elizabeth helps family caregivers infuse caregiving and self-care with their busy lives. She hosts the [Happy Healthy Caregiver podcast on the Whole Care Network](#), author of [Just for You: A Daily Self-Care Journal](#) and facilitates support groups for family caregivers.

FREE – On Zoom

[Register HERE](#)

Information: 360-452-1511 or [astrid.r AT vhocc.org](mailto:astrid.r@vhocc.org)

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