

LOOKING OUT for the Caregiver

Presented by *Cortney Zimmerman, PhD*

Taking care of someone with kidney disease can take a toll on the caregiver's mental and emotional health. This webinar will give an overview of the challenges that caregivers may face and provide strategies on how they can look out for their own health while caring for others.

About the Presenter:

Cortney Zimmerman, PhD, is a pediatric health psychologist at Texas Children's Hospital. She works with families and patients who have renal conditions and she specializes in improving mood, coping, adherence, and adjusting to living with a medical condition.

Dr. Zimmerman received her PhD from the University of Miami and is a member of APA Division 54 Society of Pediatric Psychology.



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November 19, 2020



2:00 pm ET 12:00 pm MT
1:00 pm CT 11:00 am PT