


DO YOU CARE FOR A LOVED ONE?
AN ILL SPOUSE, AGING PARENT OR CHILD WITH DISABILITIES?



We invite you to connect with other caregivers.
Nourish for Caregivers supports the practical emotional and spiritual needs of all who offer care for others during this time of uncertainty and anxiety.



This online caregiver support ministry
is sponsored by
The Servants of the Holy Heart of Mary

Please join us for the kickoff workshop via  zoom
September 14, 2020 at 7pm

**Monthly meetings will be held via Zoom on the
3rd Monday of each month at 1pm and again at 7pm**

DATES

Sept 21, 2020
Oct 19, 2020
Nov 16, 2020
Dec 21, 2020
Jan 18, 2021
Feb 22, 2021
Mar 22, 2021
Apr 19, 2021
May 17, 2021
Jun 21, 2021
Jul 19, 2021
Aug 16, 2021

SESSION TOPICS

Staying Engaged, Keeping Them Engaged
The Spirituality of Asking For and Receiving Help
Staying Organized and Preparing for What's Next
A Season for Everything – The Ebbs and the Flows
The Realities of Stress and Learning to Cope
The Thing About Compassion
One is Enough! Learning to Live One Day at a Time
Walking with Christ, Nourished by Grace
End of Life, Planning for and Making Decisions
Roles in Caregiving and the Decisions We Face
More in Music – Where Words Fail, Music Speaks
Speak Up! Overcoming the Challenges of Advocacy

For more information and to register, call:

Susan Amann at 815.348.9871 -OR- Ruth Barber at 815.405.4553