

"I'm so overwhelmed, getting more involved helping my parents as they get older."

"There's so many decisions to make -- I could really use some help."



"It's a matter of time; my parents need me and I want to be there for them."

"How can I be more prepared?"

**If these thoughts have crossed your mind, you are not alone!**

Virtually every one of us will care for a loved one at some point in our life. Though rewarding, it is not always easy. The *Nourish* community understands family caregivers need somewhere to turn to for information, strength and connection during the caregiver journey. Each gathering provides practical approaches, tools and resources to help navigate these times with a Christ-centered view. Topics change and vary by month.

*Nourish* is for anyone juggling the challenges of everyday life, health, career and caring for an aging parent, spouse or grandparent, in town or at a distance. *Nourish* provides caregivers a faith perspective, as well as practical and emotional supports, useful tools, and shared experiences.

Be empowered.

Discover the blessings that come from caring for another.

Be nourished.

This new caregiver support ministry will meet the second Thursday of each month starting:

**Thursday, June 13**

**10:00 a.m. - 11:30 a.m.**

**Rectory Conference Room**

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*Nourish* For Caregivers  
Thrive. Empower. Advance.™

[www.nourishforcaregivers.com](http://www.nourishforcaregivers.com)

· the spirituality of asking for and receiving help · avoiding common pitfalls · communication dynamics · keeping loved ones safe · advocating for your loved one's care · caring for loved one and yourself · speaking up · caring for another