



## Caregiver Support & Prayer Group

Whether you're caring for a spouse, aging parent, ill friend, elderly neighbor or adult child with special needs, either nearby or from a distance, either in a care facility or at home, you are a Caregiver. Caregivers need support, resources, ideas, nourishment.

Please join other caregivers on **October 4 at 6:30pm** in the lower level at Holy Family. The meetings are a time to learn, pray, share experiences, ask questions, and grow. We use "Nourish for Caregivers" which is a Catholic Christian based caregiver group format that gives various topics for discussion. You do not have to be Catholic to benefit from this group! We hope you can make it! Our **future meeting dates are the first Thursday of the month and will be: October 4, November 1, and December 6.** A reminder that the meetings are open to those you may know who could benefit. Feel free to invite them!

