

Caregiver Support Series

Join us virtually for the *Courage for Caregiver Zoom Series*

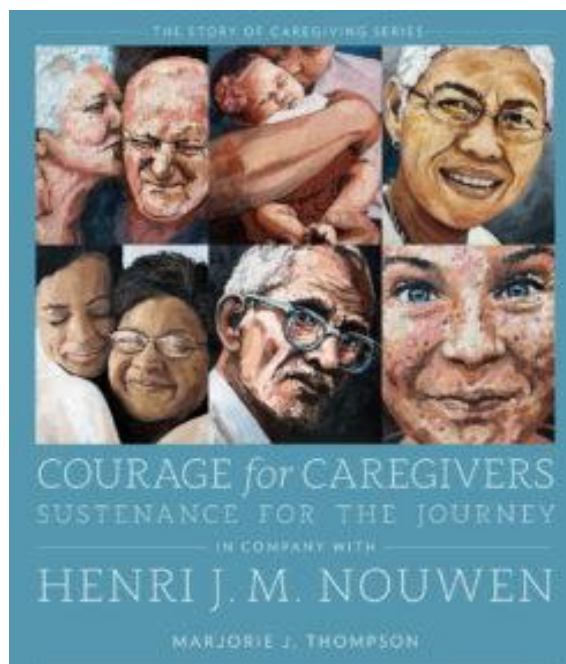
Introductions and Use of Zoom: May 28th, 2020 at 2 p.m.

Four Thursday sessions: June 4th, 11th, 18th & 25th, 2020 from 2- 4 p.m.

The Henri Nouwen Society has designed a program to support **active caregivers in need of spiritual encouragement and community support.**

Courage for Caregivers

addresses the needs of people in caregiving roles, including those who are caring for family members or friends, as well as healthcare professionals.



- Explore the nature of care and compassion
- Reflect on the challenges and cost of caring
- Examine ways to build resilience & nurture your heart and soul
- Connect with community partners who support caregivers
- \$20 provides access to all sessions, a workbook and devotional resource

For more information or to register call:

Sacred Heart Parish, Ingersoll 519-485-1802

Deadline to register May 27th, 2020



Alzheimer Society
OXFORD



Family
Transition
program
MAKING THE MOVE
FORGING A BETTER PATH TO LONG-TERM CARE

**Ingersoll Services for
Seniors**