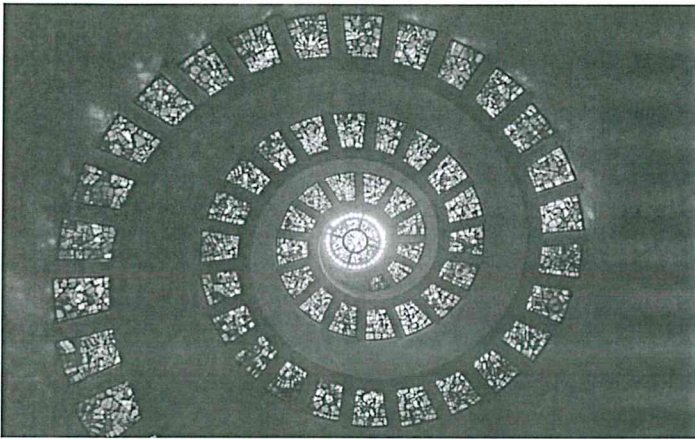


# Nourish<sup>TM</sup> For Caregivers

Thrive. Empower. Advance.

## A Christ-Centered Ministry

Supporting the Practical, Emotional and Spiritual Needs of Family Caregivers



Twelve 1.5 hour sessions (1 per month) that include: announcing the topic, highlight session overview, facilitating discussion and reflection, small group activity, sharing, and closing with prayer and intentions.

### Roles and Communication

- Roles in Caregiving & Decisions We Face
- More in Music—Where Words Fail, Music Speaks
- Speak Up! Overcoming Challenges of Advocacy
- Staying Engaged : Keeping Them Engaged

### Planning & Support

- The Spirituality of Asking For and Receiving Help
- Staying Organized and Preparing for What's Next
- The Realities of Stress and Learning to Cope
- The Thing About Compassion

### Safety & Quality of Life

- One is Enough ! Learning to Live One Day at a Time
- Walking with Christ. Nourished By Grace
- A Season for Everything—The Ebbs and Flows
- End of Life—Planning For and Navigating Decisions

This program is designed to address the most important and commonly reported needs of family caregivers.

Guided by the authors' experience in the field of caregiving, pastoral ministry, and professional clinical training, Nourish for Caregivers content has been developed using a methodology built using evidence and insights, and grounded in the Christian faith.

## VIRTUAL ECUMENICAL SESSION STARTING JANUARY 17th, 2022

Cost: Free - Donation appreciated

For more information and to participate

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Interfaith Health Care  
Association of Manitoba

Association confessionnelle  
de la santé du Manitoba