

"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 loved one needs me and I want to be there."



"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. Topics change and vary by month.

**Learn more at:**  
[phillyevang.org/nourish](http://phillyevang.org/nourish)

**Second Thursdays**

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

St. Anastasia Catholic Church  
Rectory Meeting Room (lower level)  
3301 West Chester Pike  
Newtown Square, PA

*Nourish* is for anyone juggling the challenges of everyday life, health, career and caring for a loved one, whether it be a family member with disabilities, an ill or 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. Discover the blessings that come from caring for another. Be nourished.

Contact Aimee at 610-724-8950  
or [aimeegustitis@outlook.com](mailto:aimeegustitis@outlook.com) for more information.

*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 a loved one & yourself
- speaking up
- caring for another