

"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

First Saturdays

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

St. John Chrysostom Parish House
Stevenson Center
617 S. Providence Rd
Wallingford, 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 for more information.

Nourish For Caregivers
Thrive. Empower. Advance.™

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