

Nourish For Caregivers

Thrive. Empower. Advance.

"There are 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."

"I'm so overwhelmed getting more involved helping my parents as they get older."

"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 for Caregivers community understands that family caregivers need somewhere to turn to for information, strength and connection during the caregiver journey. Topics change and vary by month.

Find a group

Nourish for Caregivers groups meet at various times & locations in the greater Philadelphia area.

Find a meeting near you at:

phillyevang.org/nourish

Nourish for Caregivers 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.

Questions?

Contact Aimee at 610-724-8950 or aimeegustitis@outlook.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