

Care for the Care Giver: *Join us for a Time of Respite*

Come away awhile, let us care for you!

If you are a caregiver, often you are considered the pillar of strength in your particular situation. We understand the cost of that strength and the burdens of putting yourself at the service of another: the lack of personal time, and the lost energy for other roles.

We want you to be well and invite you to spend a "low key" morning or evening of personal sharing, answer seeking, being cared for and comforted. We will explore emotions and issues about grief and guilt and the joys and satisfactions connected with personal care giving. We will pray for you and your loved ones, and offer spiritual support to help you in your care efforts. Please come and be with us.



2009 Schedule:

- Saturday, October 3rd - 9:00 AM to 11:00 AM
- Thursday, October 22nd - 6:30 PM to 8:30 PM
- Saturday, November 7th - 9:00 AM to 11:00 AM
- Wednesday, November 18th - 6:30 PM to 8:30 PM
- Saturday, December 5th - 9:00 AM to 11:00 AM
- Wednesday, December 16th - 6:30 PM to 8:30 PM

2010 Schedule:

- Saturday, January 9th - 9:00 AM to 11:00 AM
- Wednesday, January 20th - 6:30 PM to 8:30 PM
- Saturday, February 6th - 9:00 AM to 11:00 AM
- Thursday, February 18th - 6:30 PM to 8:30 PM
- Saturday, March 6th - 9:00 AM to 11:00 AM
- Wednesday, March 24th - 6:30 PM to 8:30 PM
- Saturday, April 3rd - 9:00 AM to 11:00 AM
- Thursday, April 22nd - 6:30 PM to 8:30 PM

Suggested Donation: \$15 per session (or free will offering for anyone whose personal situation does not permit the amount)

For more information or to register, please contact the:

Bon Secours Spiritual Center, 1525 Marriottsville Road, Marriottsville, MD 21104
Call 410.442.3120 or visit www.BonSecoursSpiritualCenter.org