



## 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 others expect you to be the pillar of strength in your situation. We understand what that strength costs and the burdens and joys of putting yourself at the service of another: the sacrifice of your personal time, and the lost energy and low stamina for other tasks.

We want you to be well, so we invite you to spend a "respite" morning or evening of personal sharing, answer seeking, being

cared for and comforted. We will explore with you 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.

<b>2010 Dates:</b> January 9	Saturday 9:00 am – 11:00 am
January 20	Wednesday, 6:30 pm – 8:30 pm
February 6	Saturday, 9:00 am – 11:00 am
February 16	Tuesday, 6:30 pm – 8:30 pm
March 6	Saturday, 9:00 am – 11:00 am
March 18	Thursday, 6:30 pm – 8:30 pm
April 3	Saturday, 9:00 am – 11:00 am
April 22	Thursday, 6:30 pm – 8:30 pm
May 1	Saturday, 9:00 am – 11:00 am
May 18	Tuesday, 6:30 pm – 8:30 pm
June 5	Saturday, 9:00 am – 11:00 am
June 16	Wednesday, 6:30 pm – 8:30 pm
July 10	Saturday, 9:00 am – 11:00 am
July 21	Wednesday, 6:30 pm – 8:30 pm
August 7	Saturday, 9:00 am – 11:00 am
August 18	Wednesday, 6:30 pm – 8:30 pm
September 11	Saturday, 9:00 am – 11:00 am
September 16	Thursday, 6:30 pm – 8:30 pm
October 2	Saturday, 9:00 am – 11:00 am
October 20	Wednesday, 6:30 pm – 8:30 pm
November 6	Saturday, 9:00 am – 11:00 am
November 18	Thursday, 6:30 pm – 8:30 pm
December 4	Saturday, 9:00 am – 11:00 am

For more information or  
to register, please contact  
**Bon Secours Spiritual Center**  
1525 Marriottsville Road  
Marriottsville, MD 21104

**Call 410.442.3120**

Or visit

[BonSecoursSpiritualCenter.org](http://BonSecoursSpiritualCenter.org)