



CATHOLIC CAREGIVER RETREAT

Learn The Successful Approach

A transformative one-day retreat enabling you to navigate the emotional, mental, and spiritual dimensions of caring for a loved one.

Saturday, January 27th, 2024

8:30 am - 3:00 pm

followed by Adoration, Reconciliation, and Mass

Registration: Free



By The End Of This Retreat, You Will Know How To:

Go from feeling **EXHAUSTED** to **BALANCED**
restore the life you desire for yourself, family, and parent.

Go from feeling **OVERWHELMED** to **UNDER CONTROL**
regain order back into your life.

Go from feeling **GUILTY** to **PEACEFUL**
give the best of you and not what is left of you.

Go from feeling **ALONE** to **ACCOMPANIED**
recognize and engage caregiving support.



SCAN FOR MORE
INFORMATION AND
TO REGISTER