



Our Mission is to Support & Empower Caregivers Through the Gift of Faith

It's not secret that when someone takes on the role of caregiver they take on stress, exhaustion, and frustrations.

As a result, caregivers often report declining health, emotional fatigue, depression and even spiritual depletion.

Nourish For Caregivers is designed to provide the tools and resources to build a caregiver's resilience by supporting their practical, emotional and spiritual needs. So that they can experience the many blessings that come with caregiving.



*May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit!
Romans 15:13*

**All caregivers are invited to attend.
November's Topic:**

Roles In Caregiving And Decisions We Face

**When: Wednesday, November 30th, at 6:00 pm
Holy Trinity Parish, 2926 Beaver Ave, Des Moines, Ia. 50310**

Room: School Media Center

**Contacts: Deacon Dan Maxcy danm@holytrinitydm.org
Deacon Jim Houston jhouston@saintpiuschurch.org**

