



NORMANDALE CENTER FOR

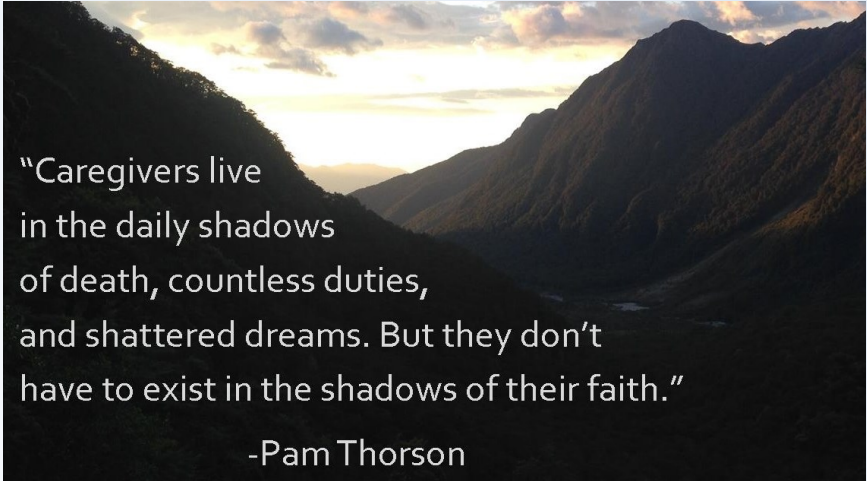
Healing & Wholeness

Do you help a parent, spouse or older neighbor?
Is your spirituality an important part of your life?

If so, this workshop is for you!



Paths to Faithful Caregiving



"Caregivers live
in the daily shadows
of death, countless duties,
and shattered dreams. But they don't
have to exist in the shadows of their faith."

-Pam Thorson

Come together with other caregivers to gain helpful knowledge and tools as well as talk about the ways that your faith affects, and is affected by, your caregiving. Over the course of the two workshops you will learn to:

- Recognize and manage the stress that comes with caregiving
- Lean on the spiritual support of friends and family
- Identify and accept the changes in caregiving relationships as time goes on
- Identify ways that families can work together to support caregivers and care-receivers
- Use your faith to ground you in the transitions that come with caregiving

When: April 8th & May 13th, 9:00 - 10:30 a.m.

Where: Normandale Lutheran Church, 6100 Normandale Rd, Edina

Cost: Cost share amount suggested by a Sliding Fee Scale.

To Register: call Zach Greimann at 952-977-9374

Feel free to stay afterwards for the Normandale Center for Healing & Wholeness' Alzheimer's Caregiver support group!

Our staff and volunteers will be available to spend time with your loved one while you attend the workshop and the support group if you let us know beforehand.

Paths to Faithful Caregiving is a copyrighted adaptation of the University of Illinois Extension's *Caregiving Relationships* curriculum. The adaptation includes spiritual exercises developed by CJE SeniorLife and others as part of Caring Together, Living Better.