



*A Supportive Learning and Discussion Group  
from the Innovation Series...*

## Spirituality and Caregiving

Thursdays, April 18, 25 &

May 2, 9 & 23

1:30 to 3 p.m.

Join us for this Spring 2024  
Self-Care Series!

This supportive learning and discussion group for those caring for someone with a chronic condition is an opportunity to explore spirituality and how it is woven into caregiving. Participants will have the opportunity to:

- ❖ explore their spiritual beliefs and traditions.
- ❖ hear about the spiritual beliefs and traditions of others.
- ❖ reflect on spiritual needs.
- ❖ raise questions related to spirituality.

Join other caregivers to discuss the presence of spirituality in yourself and in daily caregiving. Connect and learn from other caregivers!

Facilitated by Center Volunteers Julie Johnson and Kathy Thornton, RSM.

Meetings are **in person at the DeWolf Family Innovation Center**.

Sign up today! Space is limited to 12 participants. \*

Please register by April 15<sup>th</sup> by calling the Family Caregivers Center at  
(319) 221-8866 or emailing [fcgc@mercycare.org](mailto:fcgc@mercycare.org).

\*First-time attendees will receive priority.

