



www.nourishforcaregivers.com

Are you or someone you know a caregiver for an aging or disabled loved one?
 Are you seeking practical and emotional support in a Christ-centered environment?
 If so, join us for one or all of our caregiver support group sessions!

Epiphany of Our Lord Parish invites you to meet on the
third Wednesday of each month.
1:30-2:45 pm

2026 Nourish Meeting Dates

January 21, 2026	Speak Up! Overcoming Challenges of Advocacy
February 18, 2026	Asking for & Receiving Help
March 18, 2026	Staying Organized & Preparing
April 15, 2026	The Thing About Compassion
May 20, 2026	One is Enough: Finding What You Need Each Day
June 17, 2026	Staying Engaged- Keeping Them Engaged
July 15, 2026	Where Words Fail, Music Speaks
August 19, 2026	Walking With Christ, Nourished by Grace
September 16, 2026	Roles in Caregiving & Decisions We Face
October 21, 2026	End of Life- Planning for and Making Decisions
November 18, 2026	A Season For Everything
December 16, 2026	The Stress of Caregiving Over the Holidays

Location:
 Epiphany of Our Lord
 3050 Walton Road
 Plymouth Meeting, PA
 Meeting held in the Rectory Meeting Room

For more information contact:
 Mary Sheehan – Epiphany, Facilitator
 Amy Juarez-St. Rose, Facilitator

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